



Success Stories

Healthy Living Matters. Prevention Works.

A Seven-Year MOVE! Veteran

IT TOOK VETERAN BARRY HEPSLEY TWO TIMES THROUGH HIS FORT COLLINS, CO, MOVE! PROGRAM FOR THINGS TO STICK.

Once they did, though, Barry never looked back. For the last seven years, he's stuck with MOVE!—and it's paid off. Barry has lost nearly 80 pounds from his retirement weight, and he's still losing!



What made you decide to join MOVE!?

"I knew when I retired that I was overweight, but did not think much about it. There were lots of people who were overweight. What's the big deal?"

"Then with more time on my hands, I started realizing I was not very healthy and should start taking better care of myself."

"One day before my annual physical, a nurse at my local VA clinic told me about the MOVE! Program and asked if I would be interested. I said yes."

What happened when you started MOVE!?

"I started MOVE! in March 2011. I went through the program and started losing weight. Unfortunately, near the end of the program, I hurt my ankle. I cut back on exercise because of it and started gaining weight again. So, I asked if I could go through the program again, and they said yes.

"This time it stuck. I've been going to the twice-monthly refresher meetings over seven years now."

Did you meet your MOVE! goals?

"I was 263 pounds when I started the MOVE! Program. My first goal was 215 pounds, because I remembered when I was that weight and I felt pretty good. I made that goal and then went sideways for a couple of years. I kept trying to improve on what I was doing with both food and exercise and finally made it to my next goal of 200 pounds.

"I am now under 185 pounds, a total loss of 78 pounds, and I'm still losing weight. I feel great and have a much more positive outlook on life."

How do you keep the weight off?

"My current goals are walking 6,000 steps per day and working out at the gym two days a week. I keep my calories under 1,390 per day, on average."

"If you are overweight, it will be the best thing you ever do for yourself."

– Barry Hepsley



Who helped you reach your goals?

"I could not have done it without Emily Smith, the local MOVE! Program Coordinator. Her positive feedback, patience, and encouragement made it all possible. I feel great and owe it all to her. She changed my life!"