



Success Stories

Healthy Living Matters. Prevention Works.

Working Like a Dog

NAVY VETERAN FRANCIS ROBERTSON FOUND IT WAS TIME TO "OWN UP" TO HIS WEIGHT.

That's when Francis joined the Santa Maria, CA, CBOC MOVE! Program—and daily workout classes, too. Between MOVE! and his workouts, Francis lost 95 pounds. Now he has another goal: to weigh less than his dog!



A lifetime of struggle.

For most of his life, Veteran Francis Robertson has struggled with his weight. During the Vietnam era, Francis had to lose 60 pounds before he could serve in the Navy. Later, when working at an Air Force base in the 1980s, he reached his highest weight—370 pounds. Back then, he had the help of his dedicated work crew to help him lose over 200 pounds!

More recently, at a Veterans barbeque at the Santa Maria VA clinic, volunteers asked who wanted to sign up for VA health care. Francis joined that day. At his first medical appointment with provider Dr. Christina Pinto, Francis stepped on the scale. He knew it was time to "own up to what I actually weighed," he later said.

Dedicated to success.

Francis' weight, it turned out, was back up to 340 pounds. To help, Dr. Pinto referred him to the local MOVE! Program.

As he started his MOVE! group sessions in Santa Maria, Francis also began daily workout classes at his local YMCA. Having already achieved a 200-pound weight loss once in his life, Francis knew the commitment and dedication he would need to have do it again.

The work pays off.

Between what he learned in his MOVE! group meetings, the motivational MOVE! weekly weigh-ins, and his new fitness routine, Francis started to see the weight come off. He lost 95 pounds, down to 245 from his start weight!

Francis has also enjoyed significant health benefits from his new, lighter physique. His care team has taken him off his blood pressure medication. He also feels that, in short, everything is easier to do now.

While he has earned his success, Francis is quick to credit others for helping him along the way. He said his MOVE! team certainly played a key role in his weight loss. He also credits his fitness instructor, Kathy. "She would call me if I wasn't at the workout class that day," Francis said.



Francis Robertson (pictured here with his pet Saint Bernard Rocket) before losing nearly 100 pounds with MOVE!

Some friendly canine competition.

Francis is not stopping at 95 pounds lost. In fact, he has a lovable face as inspiration. You see, his Saint Bernard, Rocket (featured prominently in the photos in this story), weighs a solid 225 pounds. Francis has just 20 pounds more to go to weigh less than Rocket! And he's striving to go even lower.

But there's no truth to the rumor that Rocket wants to join MOVE!, too....