



Success Stories

Healthy Living Matters. Prevention Works.

Adding commitment and motivation to information in order to achieve success.

VETERAN LEONARD BROWN USED THE INFORMATION SHARED WITH HIM BY HIS MIDDLETOWN, OH CBOC MOVE! TEAM TO CREATE A HEALTHY LIFESTYLE

"It was up to me to make it work" and that is exactly what Leonard did!



A Little Bit of History

Leonard Brown shared that over the years he had tried diets on his own and lost weight. But when he stopped the diet, he would not only gain back the weight he had previously lost, but even more! Tired of the yo-yo of dieting, he was grateful when his VA healthcare team told him about the MOVE! Program.

Motivation

"I started the MOVE! Program weighing 240 pounds. In the first class I realized that the MOVE! Program gave me all the information needed to lose weight, but it was up to me to make it work." Leonard also benefited from the encouragement of his wife who attended MOVE! sessions with him. "Together we shopped for healthy foods and used the knowledge we gained in class on the importance of label reading."

Commitment

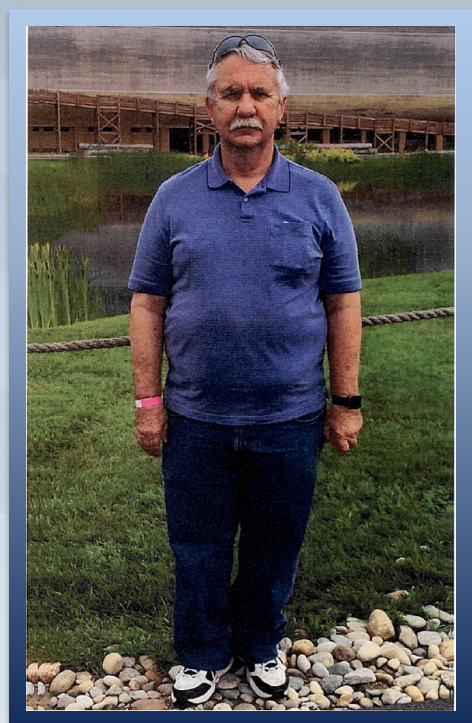
Leonard stays committed by logging his food, physical activity and weight every day, and by making time for physical activity every day, too! "I began to eat healthy and exercise and I was able to lose some weight every week. This has become a lifestyle as the program emphasizes."

Success

"I'm proud to say that at the end of 16 weeks I now weigh 208.6 pounds. I'm participating in the maintenance program now. It was a fact that MOVE! wasn't a diet, but you had to have a lifestyle change and be accountable for what you eat." In addition to losing almost 32 pounds, Leonard lost 4 inches around his waist and rides his bike regularly.

"It's a great program to motivate and make you accountable to yourself."

– Leonard Brown



Added Bonus Benefits

Since losing weight, Leonard no longer has knee pain, is able to do more work around the house and yard, and takes fewer medications.