



Success Stories

Healthy Living Matters. Prevention Works.

Adopting an “I Can” Attitude

AFTER YEARS OF STRUGGLING WITH HIS WEIGHT, ROBERT MacDONALD HAD ALL BUT GIVEN UP HOPE.

Then Robert changed his attitude—and his life—with the help of MOVE! So far, he has lost 70 pounds... and is going for 10 more!



Why did you choose MOVE!

“My concern about my health motivated me to get started with MOVE! I had struggled with my weight for 16 years. I tried to lose weight on my own, but eventually I gave up and accepted the fact that I would be heavy forever.

“When my doctor suggested I attend the MOVE! program, I reluctantly agreed, but did not attend until two months later.”

What happened when you started MOVE!?

"I started MOVE! in September 2016. I saw people a lot heavier than I was. I said to myself, 'This program doesn't work.' Then when I stepped on the scale the first day, I was shocked.

"But the MOVE! Program encouraged an 'I can' attitude. The program gave me confidence that I could make changes and lose weight. The instructors were very instrumental and caring toward the people in the program. I did what was suggested to me and I'm totally happy with the results!

“ MOVE! gave me confidence that I could make changes and lose weight. I'm more energized than ever!”

– Robert MacDonald

What have you accomplished through MOVE!?

"After the 12 weeks of classes ended, I started going to the gym. The rest is history! I am now 70 pounds lighter. I went from a 44-inch waist to a 34-inch waist. I'm still working to lose 10 more pounds. I expect to meet my goal by the end of the year.



How has MOVE! changed your life?

"Thinking about my health motivates me to keep moving. The people who work at the VA gym helped me reach my goals, and I am still going to the gym regularly. I now eat right. I stopped eating meat. I sleep better!

"I would like all Veterans to know about the MOVE! Program. I'm more energized than ever!"