



Success Stories

Healthy Living Matters. Prevention Works.

"It Helps to Know You Aren't Alone"

ROGER MORRIS USED THE SUPPORT OF OTHER MOVE! VETERANS, PLUS HIS FAMILY HISTORY, AS MOTIVATION TO MAKE A HEALTHY LIFESTYLE CHANGE.

In less than a year, with the help of his Asheville, NC, MOVE! team, Roger turned that support and motivation into a 60-pound weight loss!



What motivated you to start MOVE!?

"My mother was in a nursing home. A lot of her problems came from being overweight. I saw what her weight did to her. She died at 68 years old. That was a key factor.

"My health provider said, 'If you really want to lose weight, you ought to try [MOVE!].' I had tried MOVE! twice before; at those times, I said that I would try to lose the weight on my own. But after seeing what happened to my mother, I knew I had to do something different."

What was the biggest change you made to start losing weight?

"The biggest thing for me was that I started drinking water and cut out the sugar. I was drinking a half-gallon of sweet tea a day, plus soda and alcohol. I cut that all out. After that, the weight just started melting off. And I'm not done. I want to keep losing weight."

How much have you lost? How else has MOVE! helped your health?

"I started MOVE! [nine months ago]. I've lost over 60 pounds since then. I'm down from a 46-inch waist, and yesterday I bought my first pair of 38's. I can buy clothes at a regular store now! I don't have to go to the big and tall store."

"Since my weight loss, my knees are better, and I am off my blood pressure medications. I'm not as short of breath as I used to be. I'm now able to work delivering pizza. My wife had to stop working, and we were in a really bad place financially until I was able to start working again. Before I lost the weight, there was no way I could be on my feet all day and walking up stairs like I do for my job."

How did MOVE! help you learn the "mental side" of weight loss?

"One of the biggest things that helped me in my weight-loss journey was when Dr. Lima, my health behavior psychologist, said, 'You have to get your mind fit, and then the body will follow.' I have never forgotten that. I

"I was up to 296 pounds. Now I'm down to 222 pounds—and I'm not done!"

— Roger Morris



know that it all has to start with good motivation and keeping my 'mind right.'

"It was also helpful for me to be in the groups. I could see how other people solved the problems in their lives that were keeping them from losing weight. It helps to know you aren't alone."