

MOVE!® SUCCESS STORY

Name of Health Care System

Bay Pines VA Medical Center, St. Petersburg, Florida

Participant Name

Chuck Schroeder

Short Summary of Your History

I have struggled with my weight for years. Taking prednisone made it even worse. I tried all types of diets to try and get past a weight plateau I was experiencing that was when I decided to give MOVE! a try. Losing weight and keeping it off isn't easy.

What Motivated You to Get Started with MOVE!®?

I knew I needed to do something about my weight in order to improve my health. I have bad COPD and the extra weight makes it harder to do everything.

How did You Find Out About Move!®?

I learned that the MOVE! Program did not require a co-pay and I needed to do this so I decided to attend the group.

When Did You Start the Program?

I have been in MOVE! over two years now.

How Much Weight Did You Lose?

Initially I lost almost 50 pounds. I have put some of that weight back on but MOVE! has helped me change my eating behaviors. Now, I need to focus on getting more exercise along with healthy eating.

Who Helped You Reach Your Goals?

The dietitian Sharon Hickman was a great support when I started the program.

What Would You Like Other Veterans to Know About the Move!® Program?

It's a honor too hear or read other Veteran weight loss Success Stories. It shows how people with similar challenges made it to their weight-loss goals. Now it's my turn. The MOVE!® program is free and it helps Veterans lose weight, keep it off, and improve their health. In civilian life, a program like this would cost you a small fortune; even if you have health insurance the repeated co-pay would eat you alive. MOVE!® taught me that the calories you consume have to be balanced (burned) through exercise of some sort. I learned how to read labels on food packaging, to cut way back on sodium (salt), and to keep my sodium intake under the maximum of 2,000 mg's in a 24 hour day. I learned portion control of what you put on your plate and, to stay away from fatty foods, and foods that are not healthy. I learned to keep my total calorie intake at around 1,800 a day. I learned many other thing's there as well. Through this education, I lost some 45 pounds, in about a year. This program works, "ONLY" if you work it. That's up to you. I also quit drinking anything with alcohol in it, I don't do drugs, and I'm trying to quit smoking on this 3rd hill to climb. You can too. If you try. You are the 5-star General now, take care of your company, "YOU". It'll take care of you for life.

-Chuck Schroeder