

Never Give Up! Texas Veteran Reclaims His Life with MOVE!®

Jamie Williams before MOVE!®



Jamie Williams' life was in turmoil the day he came to the Bryan/College Station (Texas) Community-Based Outpatient Clinic for his checkup. He had lost everything: his house, a good job, and even his fiancée. It was so bad that he had considered taking his life.

But things changed when he got a wake-up call and made a fresh start with MOVE!®.

“During my visit, my physician told me that my blood pressure was rising and I was close to having hypertension,” says Jamie. “He said that I needed to do something about my poor health or I would be at risk for a heart attack.” He introduced Jamie to the MOVE!® and the rest is history. “I got into the program weighing 290 pounds and started practicing the things they teach you,” Jamie says. “And I started seeing immediate results – I even won a 3-month fitness club pass for losing 12 pounds!”

Previously, Jamie had turned to food to deal with the pain of loss. Now, he watches his calories, eats better, and does strength training. He drinks water, tea, and fruit juice—no soda. He eats more fruits and vegetables. He keeps fit by going to the gym for 2 hours each weekday. He weighed 255 pounds in August 2011, and is aiming for 200 pounds.

Jamie will return from Afghanistan in October 2011. When he gets back, he's going to re-start MOVE!® and continue his healthier lifestyle. He recently wrote a letter to his health care team that says, in part: “Thank you for saving my life. Without all your help, I would have been dead.” To his fellow Veterans, he adds, “Never give up, and listen to your doctors. They care about you and want you to succeed in meeting your health and weight goals.”

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Jamie Williams (l and r) after MOVE!®

*Congratulations on your
successful weight loss!*