

## One Hundred Pounds Later: An Air Force Veteran's Success with MOVE!®

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**Ronny Epps before Starting MOVE!®**

Being in the military keeps you fit and in shape...then comes retirement.

“I was a champion boxer in the U.S. Air Force and also on the elite Thunderbird Team—a lean machine and avid exerciser,” says Ronny Epps. “Once I retired, though, I slowly stopped exercising, but my high-calorie diet did not change.” Ronny woke up one day weighing over 400 pounds and wondered how he had gotten that way.

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“I woke up one day in excess of approximately 400 pounds. How did I get this way?”

—R. Epps before starting MOVE!

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With his health worsening and his blood pressure surging, Ronny was depressed and making everyone around him miserable.

“I knew that if I was going to be around to enjoy my family, I needed to do something about my health, which meant losing weight,” he says.

MOVE!® Program staff at the Charleston (South Carolina) Department of Veterans Affairs Medical Center showed Ronny that he had a lot to learn—and a lot of weight to lose. He started documenting his food intake, cutting calories, and making better dietary choices. But it took some constructive criticism to help him truly learn how to eat better. “I remember having a milkshake and my instructors pointed out that it was a ‘bad’ choice,” he says. “That hurt my feelings, but was exactly what I needed to hear—they were simply teaching me how to make better food choices.”

Ronny applauds his clinical care team and the MOVE!® Program, which have helped him eat better, control his portions, and exercise more.

“I am proud to have shed 100 pounds and to be a success story,” he reports. “I recommend MOVE!® to anybody who is struggling with weight challenges or poor dietary habits.”

***Congratulations  
on your  
successful weight  
loss!***

**Ronny Epps after Participating in MOVE!®**

