

Losing More, Giving Back:

VETERAN WALTER HOOD DISCUSSES
HIS CONTINUING SUCCESS WITH MOVE![®]



When Walter Hood started his journey to better health by enrolling in MOVE![®] in August 2008, he weighed 353 pounds and never imagined he would literally reduce his body weight by half. “Now (May 2012) I weigh 172 pounds!,” the 64-year-old Veteran proudly reports. “I’m amazed at where I am...it feels great!”

Walter credits the program at Overton Brooks (LA) VAMC with helping him overhaul his life and completely change his thinking about food. “MOVE![®] teaches you about the ‘psychology’ of food,” he says. “Much of the information is basic, you just need to learn how to apply it.” Controlling his portions, doing his own cooking, keeping a food log, and eating more frequent, smaller meals of the “right” foods have been key to his success. And managing his weight also has helped Walter, a diabetic, get his blood sugar under control and reduce his insulin use.



Although retired, Walter has not slowed down. He gets regular exercise walking, using his push mower (“I do my lawn and the neighbors’, too”), and riding the new bike his wife just bought him. “I have no time for sitting around and watching TV,” Walter explains. “I have so much to do, including volunteering at the VAMC each week.”

“MOVE![®] teaches you how to ‘get your mind right’ about eating. I learn something new at every session.”

Helping other Veterans is one of the things that keeps him busy now. “I share my success story with other Veterans and in MOVE![®] group sessions,” Walter reports. “I also assist patients in the waiting rooms—it’s rewarding and helps me stay active.”



From now on, Walter plans to maintain a weight of between 180 and 190 pounds, which will keep him in the “normal” weight category. And he will continue to offer rave reviews of MOVE![®] and the “great team” at Overton

Brooks that have helped him continue to improve his health, and take—and keep—the weight off.