

## Half As Much:

VETERAN DALLAS HEMBREE DISCUSSES HOW HE RECEIVED  
THE 'GIFT' OF HEALTHY WEIGHT THROUGH MOVE!<sup>®</sup>

### ***Describe your history when it comes to weight.***

“Like so many people, I enjoy eating and am not always as active as I should be. After I got married, my weight kept creeping up, and when I quit smoking, I gained more than 60 pounds! After I retired, I found myself taking afternoon naps and spending too much time on the computer. By age 65, I weighed 268 pounds and was on blood pressure, cholesterol, and diabetes medicines!”

### ***When did you start doing the MOVE!<sup>®</sup> Program?***

“I’d been going to the Springfield (OH) CBOC for several years and was pleased with their care. One of my nurses recommended I try MOVE!<sup>®</sup>—I did, but wasn’t successful. Two years later, I decided to try it again, in the fall of 2013. I did TeleMOVE!, focusing on nutrition and exercise. I had my gallbladder removed in March 2014, and during my recovery my appetite slowed down. So I took advantage of what I’d learned in MOVE!<sup>®</sup> about portion control and started cutting my meal sizes in half.”

### ***How did the program work for you?***

“As I ate less, the weight started coming off! Regular calls from MOVE!<sup>®</sup> staff kept me on track. I also used the exercise bands from the Be Active and MOVE!<sup>®</sup> Program to work on my strength and mobility. I’ve even learned to put half my food in a to-go box before eating at a restaurant—something I never would’ve done before!”

### ***How has your health improved?***

“MOVE!<sup>®</sup> helped me get off both my blood pressure and cholesterol medications! Because my A1c is much lower now, I’ve also been able to decrease my diabetes medications.”



***How much weight have you lost through MOVE!®?***

“I was down to 238 pounds by May 2014, and I’d dropped to 224 by July. My birthday was at the end of August 2014, and I’m proud to say I weighed in at 205—what a great gift to give myself!”

***What do you tell other Veterans about MOVE!®?***

“I like telling people that my trick to weight loss is eating half as much...and having the supportive Springfield VA team on my side!”

