

Back In The Saddle: THROUGH MOVE![®], VETERAN KATHLEEN SASFY OVERCOMES EXCUSES AND LOSES 50 POUNDS

Veteran Kathleen Sasfy knew something had to change when she realized she was often short of breath and couldn't keep up with her kids. "When I was in the Marines, I was fit and had no difficulty staying at 150 pounds," she recalls. "But after retiring, I struggled with my weight and gradually got bigger." Kathleen had easily maintained her weight during her 20-year military career. But as a civilian, without fitness standards to worry about, she just stopped exercising. "I was focused on raising four children," she says. "I ate what I wanted, and sometimes I ate to cope with my emotions."

Eye-Opener

By 2014, Kathleen was almost 200 pounds, and embarrassed by her appearance. She was suffering from knee and back pain, and was unable to ride her horse, a favorite activity.

When Kathleen's VA doctor told her about the MOVE! Program at the Truman VAMC in Columbia, Missouri, she knew she was ready to act. "I attended the MOVE! orientation class in November 2014," she explains. "The class was an 'eye-opener', and I made up my mind then and there to get healthy and active again!"



Determined, Stronger

Attending that orientation class got Kathleen finally motivated to do more, so she joined a gym in early 2015. "I'd thought about it before, but I always talked myself out of it," she recalls. "But this time, I was determined to be stronger than my excuses." Initially, she walked on the treadmill 5 days a week, for 20 minutes at a time. It was hard at first,

and she seriously thought about quitting. But she told herself that she just needed to get through each week. Soon, it got easier, and it wasn't long before she added a stationary bike and elliptical machine to her exercise routine.

By the time Kathleen started the MOVE! Program in February 2015, she'd already lost 10 pounds. In the program, she learned a lot about food journaling, portion control, and eating healthier foods. "I also added time and intensity to my workouts, and eventually, I was working out 2 hours a day, five times a week," she says. "I was enjoying it so much that if I didn't exercise, I actually felt a little grouchy!" The weight was slowly coming off, and she began to see other important health benefits, like improved sleep and less pain.

Sticking To It

"The Truman MOVE! Team was very supportive, as were my friends and family," Kathleen recounts. "I finished the program in late April 2015, then had a follow-up coaching call in June. I kept exercising and eating well, and by July 2015, I'd lost a total of 50 pounds!" She's still practicing the healthy lifestyle she learned in MOVE! and is back to her military weight of 149 pounds. "I'm confident that I'll be able to stick to my new lifestyle and reach my ultimate goal of weighing 125 pounds," she says proudly.

Back On Track

Kathleen says that she's back to enjoying all the outdoor activities she loves doing with her children and husband. She no longer needs a step stool to mount her horse, and is able to ride without discomfort. She's also proud of overcoming her excuses and committing to becoming a healthier person. "I now enjoy compliments from family, friends, and even strangers," she says. "I don't avoid high heels, dresses, or bathing suits anymore. And I'm able to keep up with my children without shortness of breath."

Kathleen's advice for other Veterans who are inactive and have gained some weight? "Don't talk yourself out of it or make excuses," she says. "It might be hard at first, but it will get easier. The MOVE! Program can help you get on track and stay on track!"