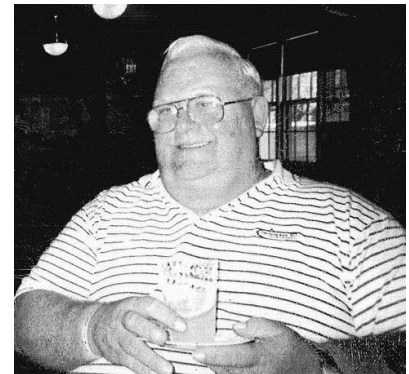


## Active, Better, Happier:

### VETERAN PHILLIP DURNO LOSES 52 POUNDS THROUGH THE “LIFE-CHANGING” MOVE!<sup>®</sup> PROGRAM

*What motivated you to join the MOVE!<sup>®</sup> Program?*

“Since the 1980s, my doctors had been concerned about my weight and health issues—I had high cholesterol, diabetes, breathing problems, cancer, and a heart attack. My heart doctor recently had a very frank discussion with me. He said, “you need to do something or you won’t be around to see your granddaughter graduate from high school!”



*How did you find out about the program?*

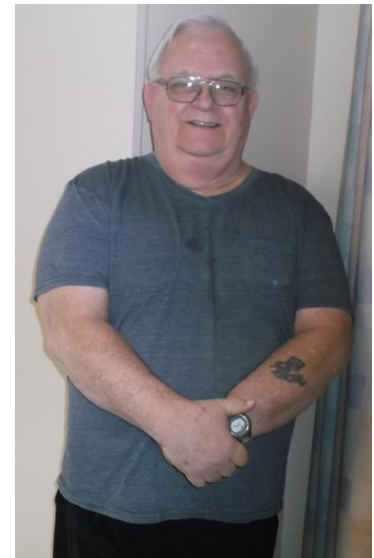
“My VA provider, Dr. Sarnik, referred me to the MOVE!<sup>®</sup> at the Fitchburg (MA) CBOC. I’d never done a weight-management program before.”

*How much weight have you lost through MOVE!<sup>®</sup>?*

“I started in August 2013, and through February 2014, I’ve lost a total of 52 pounds!”

*How is your life different now?*

“I joined a health club—I exercise every day. I also try to eat healthier. I’m more active, and feel better and happier. I’m breathing better and taking fewer medications, too.”



*Who helped you reach your goals?*

“My wife has been my number one support—she preps my healthy meals, and reminds and encourages me to stay on track. The MOVE!<sup>®</sup> Program Coordinator and staff have been great, too. They’ve kept me accountable, and they’ve encouraged, praised, and celebrated my successes.”

*What would you tell other Veterans about MOVE!<sup>®</sup>?*

“My story of success says it all. Veterans should get into the program because it’s life-changing—stick with it and you will live a longer life!”