

## Forever Changed:

THROUGH MOVE!<sup>®</sup>, VETERAN CHARLES WHITLOCK WALKED HIS WAY  
TO BETTER HEALTH AND A 93-POUND WEIGHT LOSS

“Before I entered the MOVE!<sup>®</sup> Intensive Program in June 2014, I was at my heaviest ever. I weighed 371 pounds, wore a 4XL shirt, and had a 56-inch waist! When I arrived at the Saginaw (MI) VAMC to go to my first class, I actually had difficulty walking from the parking lot to the building. I had to stop several times to rest and catch my breath! Little did I know that my life would be forever changed that day...

The program gave me the confidence to start improving my health and better managing my weight. MOVE!<sup>®</sup> staff taught me how to balance my meals, limit my calories, and substitute healthy alternatives for sugar and salt.

They also showed me just how important exercise is to maintaining a healthy weight. Initially, I was reluctant to start being more physically active. But I started slowly, walking only the required 10,000 steps per day. Now, I’m up to an average of 15,000-20,000 steps per day! In fact, I wore the soles right out of my shoes in just 3 months!



I’m so thankful to Sonya Mack and the rest of the Saginaw MOVE!<sup>®</sup> team. They got me started, then gave me the encouragement to keep going!

As of October 2014, I am down to 278 pounds—that’s a loss of 93 pounds! But I’ve already set a new goal: to lose an additional 100 pounds to reach my final goal of 195 pounds.”