



# Success Stories

Healthy Living Matters. Prevention Works.

## ***“I Feel Like There is a Future for Me.”***

***IN LESS THAN A YEAR MOVE! HELPED MINNESOTA VETERAN CHRISTOPHER FROELICH LOSE 115 POUNDS, DROP 14 INCHES FROM HIS WAISTLINE, AND LOWER HIS BLOOD SUGAR!***

“I can set goals for 5 years down the road, which I never felt like I could do before.”



### ***What motivated you to choose MOVE!?***

“I joined MOVE! because I needed to get back with healthy eating. I had tried MOVE! three years prior; however, it didn’t work because I wasn’t ready for it. What motivated me was a diabetes diagnosis in early February 2017.

“I actually began my weight loss journey January 1, 2017, as a New Year’s Resolution. I started out at 326 pounds, then joined the MOVE! program at 300 pounds in March 2017.”

### **What was different this time that made MOVE! work for you?**

"It worked well for me because I was motivated to lose weight. This time around, I took it more seriously. I took the information that was given and actually used it (did the food logs, watched my portions, got more exercise). Previous times, I just took the handout and put it in a folder in the garage."

### **What else helped you reach your goals?**

"I could always understand what the instructor was talking about, and there was always enough time for questions. The group is small enough (8-12 people) so you get to know people, get to hear their stories, and identify with some of those stories. I also got support from my church. I meet with a group of men Saturday morning for coffee there, and they've supported me throughout."

**“ The MOVE! Program is just as good as the programs that cost a lot of dollars. It works!”**

– Christopher Froelich

### **What have you accomplished through MOVE!?**

"Today, I am at 211 pounds for a total weight loss of 115 pounds (35% body weight) in 9-1/2 months! The dress pants I wore in my daughter's wedding 3 years ago had a 50-inch waist, and now my waist size is 36 inches. My blood sugars have improved, and my A1c is now 5.5. I exceeded my original weight loss goal of 100 pounds, and now I've exceeded my second goal!"

"I plan to continue with the MOVE! Program by participating in the support group, walking group, and yoga. Never did I think 200 pounds was possible, but that is my new goal!"

### **How has MOVE! helped to improve your daily life?**

"I walk an hour a day. I enjoy working in the garage more and riding my motorcycle, which was very difficult before. The other day, I did some plumbing at my house, which I could never do before. The freedom of movement and being able to get up and down is a major accomplishment."

"I feel good about myself. I have tons of energy. And I feel like there is a future for me, where I can set goals for 5 years down the road, which I never felt like I could do before."