



# Success Stories

Healthy Living Matters. Prevention Works.

## *The Best By Far – “I Feel Incredible!”*

*INTRIGUED BY THE SUCCESS STORY OF A FELLOW VETERAN HE SAW ON A MOVE! POSTER AT THE TRAVIS VA CLINIC, DENNIS PECORELLA ASKED HIS DOCTOR FOR A REFERRAL.*

When he started MOVE!, Dennis met John Kelley, the Veteran in the story, and was inspired to lose weight and improve his health!

## *Fads and Frustrations*

Veteran Dennis Pecorella’s success story begins with some challenges. “For the last 20 years, I’ve struggled with weight loss. At 50+ pounds above my ideal weight, I was tired, uncomfortable and unhappy with my appearance. I spent countless hours (and dollars trying Weight Watchers, Atkins and whatever fad diet was going around at the time – all without lasting success. I’d lose, but then always gain – usually more than I lost.”



### *Intrigued and Inspired*

Dennis' story continues with intrigue that led to action and inspiration. "I was at the Travis Air Force Base and saw a poster for the MOVE! program featuring a story about John Kelly's weight loss. I read John's story and was totally intrigued. If he could do it, well, maybe so could I." Dennis spoke with his doctor about the MOVE! Weight Management Program for Veterans and his doctor enthusiastically endorsed Dennis' participation. He signed up for MOVE! right away!

### *The People Make the Program*

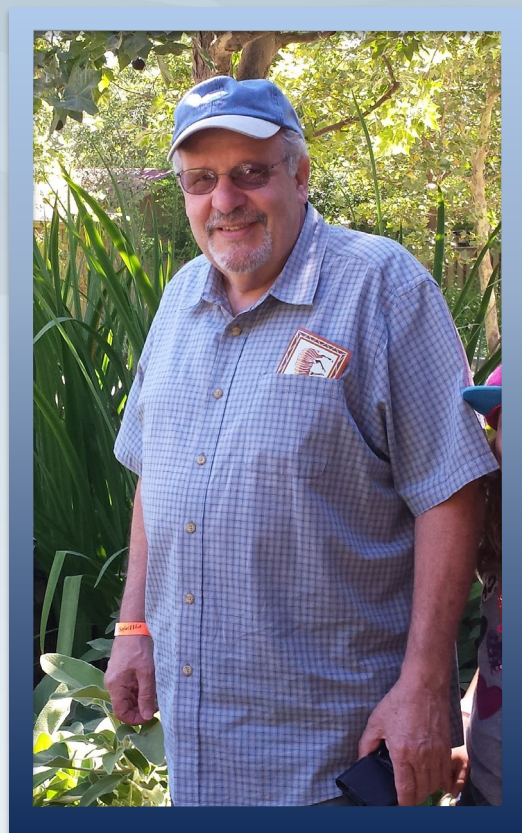
Dennis recalls his first MOVE! session: "Through my years as a barber, I have met and talked to countless people – doctors, athletes, foodies and more. Nobody, and I mean nobody, knows more about food, nutrition and weight loss than [MOVE! dietitian] Amy, and she presents the information in a way that is easy to understand." Dennis also stressed that friends made in MOVE!, the relationships they formed, and his wife Sue were his keys to success.

### *Ensuring Health and Well-being*

At 47 pounds lost and still counting, Dennis had a goal of losing 8 more pounds for a greater weight loss than ever before. "MOVE! has not only led me to weight loss, but better health overall. I take less medication, try to walk 2 miles every day, and always eat my vegetables!"

“This program and Amy have completely changed the way I think about food. I make new and better choices every day at every meal.”

– Dennis Pecorella



*“I can't stress enough how great the MOVE! program is!”*