



# Success Stories

Healthy Living Matters. Prevention Works.

## *Anything is Possible with Discipline, Work and Love*

*VETERAN FRANK HUEY DECIDED TO LOSE WEIGHT AND HIS LUBBOCK, TX, MOVE! TEAM HELPED HIM SHOW THAT GREAT RESULTS AND A HEALTHY LIFESTYLE ARE POSSIBLE.*

Achieving an 88-pound weight loss in his first year with MOVE!, Frank hopes to continue to be inspired, motivated and positive about losing even more.

### *A Dad's Decision to Demonstrate Discipline*

After more than 18 years weighing above 300 pounds, Frank Huey decided it was time for a change. He also saw this as a great opportunity to be a positive role model for his children. "I told my son that I am going to lose 100 pounds in a year to show him that anything you set your mind to you can achieve with discipline, hard work, pride in yourself and love." Frank started out at 365 pounds in March 2018 when he joined the MOVE! Weight Management Program at the Lubbock Outpatient Clinic of the Amarillo VA Healthcare System. In one year, he has lost 88 pounds and is still going.



## *Positive People, Positive Attitudes, Positive Results*

"I am so thankful that I got the best dietitian ever, because the whole time she was so helpful and positive. No matter what! Cassandra Leeper taught me how to love myself and always find something or someone to motivate me. She helped me learn how to count calories the right way, and to stop sugar and sodas through her knowledge and her inspiring words of encouragement. I see that having a positive attitude will have you being around like people who are trying to achieve the same goals."

Frank's results include losing 8 ½ inches around his waist and being able to bend over and tie his shoes. He exercises 5-6 times per week and he has less knee pain now that the extra weight is gone. He is also feeling good about how his clothing fits, eating healthier foods, and having less stress in his life overall.

## *Confidence, Spirit and Joy*

"I have a mental mindset that is unmeasurable. I have confidence in myself and found myself not letting negative vibes in my life. My weight loss has shown me I can accomplish anything. It has made me a better man and father to my 14-year-old son and 11-year-old daughter. I am able to attend all of my kids' sporting events."

“If you can believe it, you can achieve it!”

– Frank Huey



## *Life is Different Now*

"I live a stress free, positive life thanks to my weight loss. I think about how I looked before and how I look now. **WOW!** Accomplishing this shows me that there is nothing I can't achieve, showing my son that with discipline and hard work there's nothing you can't do."