



Success Stories

Healthy Living Matters. Prevention Works.

“Just like the lottery...” except here you win by losing!

GARY SCHMITZ AND HIS WINNING TEAM AT THE BEDFORD, MA VAMC GET IN THE WEIGHT LOSS GAME AND WIN.

With his health and his family in mind, Gary set out to make some changes, lose weight and be a positive role model, and he has achieved success in all three.



Ending a 50 year struggle

Gary Schmitz’s story begins with a long history of challenges with his weight. In his own words, Gary shares, “For the past 50 years I have struggled with my weight. I have difficulty losing weight and maintaining weight loss on my own. I attended Weight Watchers and Overeaters Anonymous in the past. I tried hypnosis and I have also followed a medically supervised protein sparing diet. I have lost and regained weight many times.”

MOVE! for health reasons

Gary decided that he wanted to take care of himself and set a positive example for his children. Following a triple bypass procedure and cardiac rehab, he met with his VA healthcare team, learned about MOVE!, consulted with his cardiologist, and joined MOVE! in April of 2018.

The MOVE! group experience

A snapshot of Gary's experience shows the positive impact of his MOVE! group. "I like the team environment and group support... The experts share information and make it easy to understand. The suggestions from group members and the group support are very helpful! I continue to attend MOVE! classes, as the continued support is very helpful for weight maintenance."

How has MOVE! helped you achieve your goals?

In addition to a 34 pound weight loss and going from 42 to 38 pants size, Gary exercises for 40 minutes every morning, walks 150 minutes weekly, and plans to use his VA gym and pool when medically allowed to do so. Making better food choices, controlling food portions, and eating more slowly are also on his radar for continued success.

“This feels pretty good! I have reached my goal weight.”

– Gary Schmitz



Winning long term with MOVE!

"I like the fact that the MOVE! program encourages slow and steady weight loss. I learned that mindfulness is very important for controlling behaviors."