



# Success Stories

Healthy Living Matters. Prevention Works.

## From “Couch Potato” to “Gym Rat!”

**OVERWEIGHT FOR MOST OF HIS ADULT LIFE, JOHN SPAANS JOINED MOVE!—AND JOINED A GYM. NOW HE HAS LOST 80 POUNDS AND IS A WORKOUT WARRIOR!**

John weighed over 300 pounds and had never stepped into a gym in his life. After learning about proper nutrition and exercise techniques through MOVE!, John now receives awards (see photo below) for his workout prowess. Let John tell you his story in his own words....



### What motivated you to choose MOVE!?

“I weighed 325 pounds, and I have struggled with my weight for most of my adult life. When I went to my physician at the Battle Creek VA Medical Center, he told me I was obese, and I needed to lose weight to get healthier.

“That was a scary visit. But my VA care team told me about the MOVE! program. My wife was with me, and she told me she would help. So I decided to join MOVE!.”

## ***What happened when you started MOVE!?***

“Rachel and Ann of the Battle Creek MOVE! team taught me how to read ingredients, about portion size, and about the types of food to eat. They also taught me how to exercise, and about concepts like center of balance.”

## ***You're a real “gym rat” now! Tell us about your exercise program.***

“After never being in a gym before, now I am a regular. I am often in the Top Ten there, and recently completed a 100 workouts challenge! Now I enjoy the gym and regular exercise, and I am a regular in the MOVE! maintenance program.”

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

“In my first 12 weeks in MOVE!, I lost 38 pounds. Since then, I have lost 80 pounds total by continuing in the maintenance program and by using the concepts I learned through MOVE!.

“I am able to move and breathe better, and my overall health has improved. My wife and I are more socially active, I garden, and I exercise daily. I am now healthier and happier.

“My intention is to continue with the MOVE! program and lose another 50 pounds!”

“**MOVE! works. It is not a diet — it is a lifestyle change.**”

– John Spaans

