



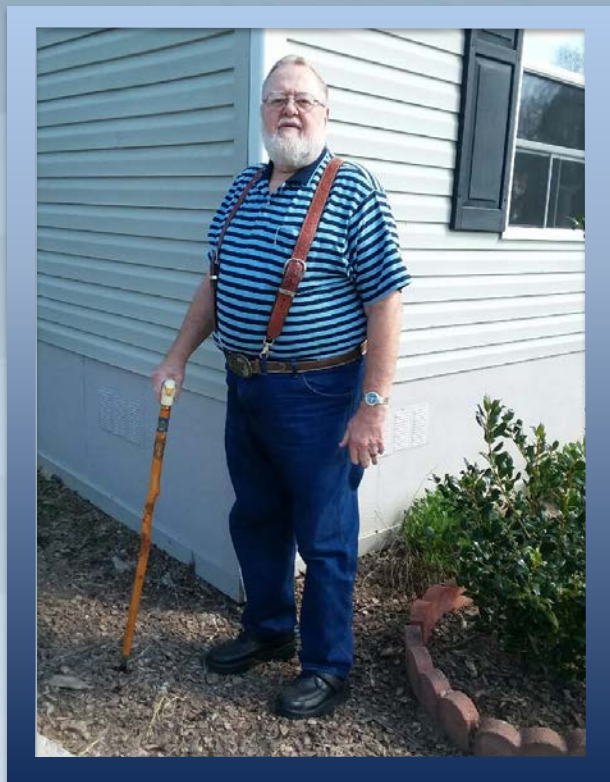
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Losing Weight and Feeling Better***

***KENNETH BULLARD WANTED TO TRY SOMETHING DIFFERENT, SO HE CHOSE MOVE!***

With the help of his wife and the Polk Street CBOC MOVE! team from the VA North Texas Healthcare System, Kenneth has lost 70 pounds, is feeling better and is working to lose even more weight.



### ***MOVE! before and after***

Kenneth Bullard tried many diets in the past, including a low-carb diet. When his physician suggested he try MOVE!, Kenneth chose to give it a shot. He says, "I lost 25 pounds initially by eating smaller portions and picking out foods that contained less sugar and fat."

After completing one cycle of MOVE! group sessions, Kenneth asked to be considered for bariatric surgery. He returned to MOVE! after his surgery to continue to get support for eating wisely and being physically active.

### **Encouraging and helpful**

“My wife has been helpful encouraging me to be physically active. I tell myself to do it today because tomorrow never comes...as I’m walking, I remind myself that it’s only 2-3 more steps as I walk for longer distances.

### **Goals and achievements**

“My pants size has gone from a size 56 to a size 46. I have not reached my weight loss goal yet but have already lost 70 pounds...working to continue to lose more weight. I am no longer taking insulin to control my diabetes or taking blood pressure medication.” Kenneth also told us that he sleeps much better at night and feels so much better overall now. He walks two miles every day.

### **What’s next?**

In order to stay healthy, Kenneth says he is going to continue to monitor his portions of food and beverages, and keeps an eye on sugar and fat. He plans to stay physically active by walking regularly.

“If you will follow through on what is being suggested, you can lose this weight and feel better too.”

– Kenneth Bullard

