



# Success Stories

*Healthy Living Matters. Prevention Works.*

## Adopting an “I Can” Attitude

**AFTER YEARS OF STRUGGLING WITH HIS WEIGHT, ROBERT MacDONALD HAD ALL BUT GIVEN UP HOPE.**

Then Robert changed his attitude—and his life—with the help of MOVE! So far, he has lost 70 pounds... and is going for 10 more!



### **Why did you choose MOVE!**

“My concern about my health motivated me to get started with MOVE! I had struggled with my weight for 16 years. I tried to lose weight on my own, but eventually I gave up and accepted the fact that I would be heavy forever.

“When my doctor suggested I attend the MOVE! program, I reluctantly agreed, but did not attend until two months later.”

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

"I started MOVE! in September 2016. I saw people a lot heavier than I was. I said to myself, 'This program doesn't work.' Then when I stepped on the scale the first day, I was shocked.

"But the MOVE! Program encouraged an 'I can' attitude. The program gave me confidence that I could make changes and lose weight. The instructors were very instrumental and caring toward the people in the program. I did what was suggested to me and I'm totally happy with the results!

**“ MOVE! gave me confidence that I could make changes and lose weight. I'm more energized than ever!”**

**– Robert MacDonald**

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

"After the 12 weeks of classes ended, I started going to the gym. The rest is history! I am now 70 pounds lighter. I went from a 44-inch waist to a 34-inch waist. I'm still working to lose 10 more pounds. I expect to meet my goal by the end of the year.



## ***How has MOVE! changed your life?***

"Thinking about my health motivates me to keep moving. The people who work at the VA gym helped me reach my goals, and I am still going to the gym regularly. I now eat right. I stopped eating meat. I sleep better!

"I would like all Veterans to know about the MOVE! Program. I'm more energized than ever!"