



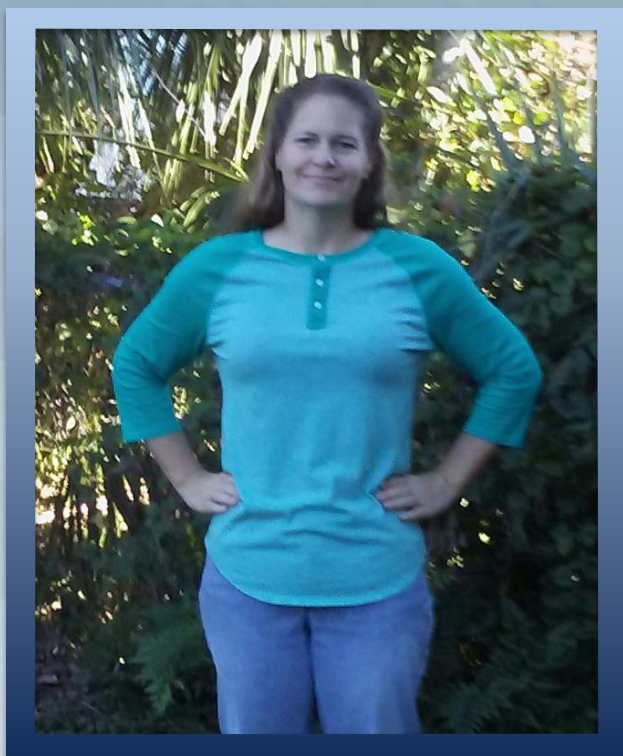
Success Stories

Healthy Living Matters. Prevention Works.

“I was heading for an early grave.”

AFTER A DIRE WARNING FROM HER DOCTOR, ARMY VETERAN MARCIA BUSBY TOOK IT UPON HERSELF TO LOSE WEIGHT.

Marcia had success on her own at first, but found she needed more support. That’s where MOVE! came in. Now Marcia has lost over 100 pounds and has rediscovered her joy for life!



An eye-opening call to action.

Veteran Marcia Busby gradually gained weight after her discharge from the Army. She began suffering from depression, and the weight kept piling on. Then came stunning news during her annual physical.

“[The doctor] told me that if I don’t lose at least 100 pounds, I was heading for an early grave,” Marcia recalls. “At the time, I was in my late twenties and was the heaviest I have ever been—270 pounds.”

Marcia lost an impressive 50 pounds on her own, but then hit a plateau. “I would yo-yo—gain and lose weight. I knew that if I didn’t make a change, that early grave was a distinct possibility for me.”

“ This program has changed my life in ways I never imagined. Thank you, MOVE!”

– Marcia Busby

MOVE! provides some needed support.

Marcia’s VA nurse encouraged her to give MOVE! a try. Marcia agreed, joining in March of 2016, and immediately knew it was right for her. “I finally found the support and encouragement I craved. The staff at the MOVE! Program was amazing!! Like a family. Even when I had a setback, I got back on track because of their positive motivation. During the length of the program, my life changed dramatically for the better.”

Remarkable results with MOVE!

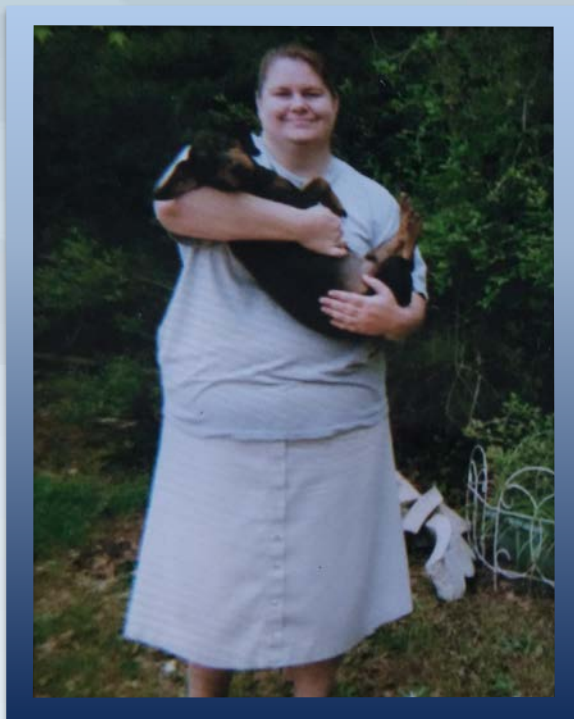
Marcia’s results speak for themselves. “I have lost over 100 pounds, and over 60 of those were a result of joining the MOVE! Program. I have lost 11 inches off my waist. I have been taken off diabetes medications.

“I feel like a brand-new person. I take joy in small things in life. I enjoy walking and kayaking. Daily activities are not a strain. I feel younger and happy now.”

“Not just about weight loss.”

Marcia sums up the MOVE! Program as well as any MOVE! coordinator might. “The program is not just about weight loss. It is about creating a healthy lifestyle. I walk at least three times a week. I eat plenty of fruits and vegetables and avoid fried foods and red meat.

“I remember when I was not able to lean over and tie my shoes without getting winded. That keeps me moving.”



Finally, Marcia hopes other Veterans will understand what MOVE! can do for them. “Your whole life will benefit by being an active participant. This program has changed my life in ways I never imagined. Thank you, MOVE!”