



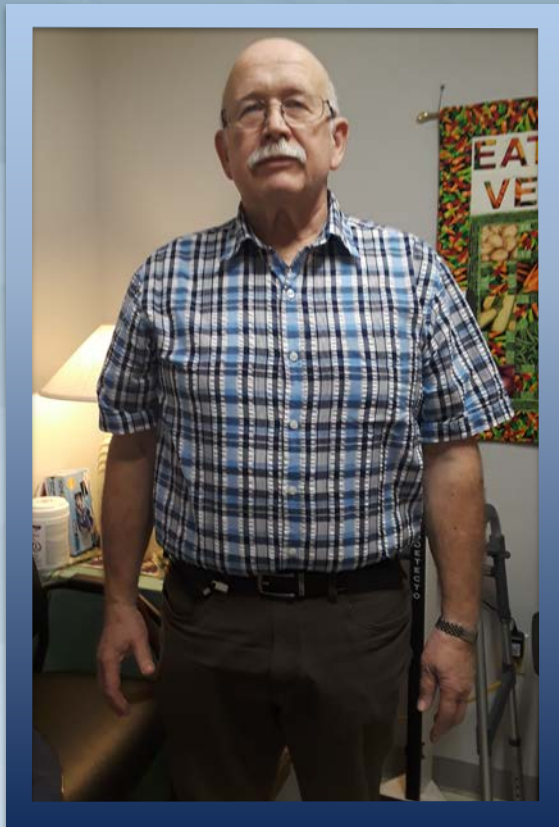
Success Stories

Healthy Living Matters. Prevention Works.

A Referral to MOVE! and a Feeling of Hope

VETERAN STEPHEN MONIAK'S MOTIVATION WAS POOR HEALTH AND SYMPTOMS MADE WORSE BY HIS WEIGHT.

The healthcare team at the Worcester, MA CBOC worked together to support Stephen in losing more than 80 pounds and 8 inches around his waist.



Inspired by his health

Stephen struggled with his weight since high school. He had a difficult time losing the weight and keeping it off. When he decided to try MOVE!, his health was not the best. In fact, he felt like he was killing himself. His A1C was high and his COPD was aggravated by his obesity. "When I was first referred to MOVE!," Stephen says, "I felt hope."

Tools for Success

Stephen has nothing but praise for the tools provided during his MOVE! experience. "Using all the tools they give you makes the program a success. I started in July of 2017 and did the program until November of 2017. Till today I still use the tools they taught me."

How is your life different now?

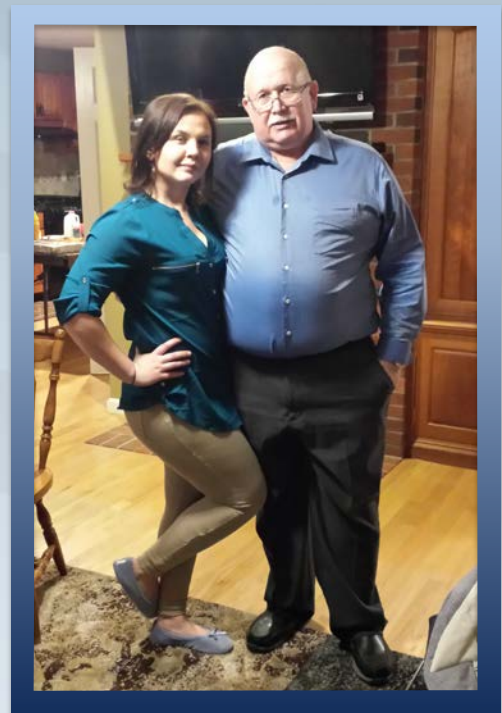
Many Veterans have shared how their lives are changed after participating in MOVE! and Stephen Moniak is no different. "I am able to go out with my grandson for walks and just in general to have a good time with him. And I know I will be around longer to watch him grow up, and I will be able to enjoy any future grandchildren."

Staying Inspired and Healthier

What is Stephen doing now to stay inspired and maintain his improved health? "I go on walks every day and I still eat the right way I was taught. Whenever I think about my previous health and quality of life, I just keep moving."

“Coming to the weekly sessions keeps you on track.”

– Stephen Moniak



Stephen's Message

"If you stick with the program it works. All you need is the motivation."