MOVE!
Weight Management Program for Veterans

Success Stories
Healthy Living Matters. Prevention Works.

A thoughtful and intelligent experience

WITH AN 83-POUND WEIGHT LOSS, VETERAN TOM BENSON AND HIS SOUTHERN ARIZONA VA MOVE! TEAM DEVELOP A NEW UNDERSTANDING.

Learning that food, urges, mindfulness, exercise and sleep are all connected helped this Veteran lose weight and achieve success.

Tom's 4 E's of Weight Loss:
*Exercise
*Eat Lean
*Eat Clean
*Eat Less

No more up and down

For about 30 years, Tom Benson struggled with weight issues. He says that he would fluctuate gaining and losing weight, continually going up and then down again. He would go to the gym, lose some weight, but ultimately, he did not stick with it and his weight would eventually come back up again.

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Many MOVE! invitations

Tom explains how he finally decided to participate in MOVE! "I initially did not think I needed to join the MOVE! Program. I had turned down many requests to join MOVE! from my healthcare team. At 5' 9" I had weighed over 280 pounds. I needed help." After one more invitation from Dr. Lee, his clinic provider, Tom began MOVE! group sessions in the spring of 2018.

The MOVE! group experience

"Instructors Becky Biggard and Clarissa Garcia get all the credit for helping me through my struggles and continuing the battle with weight loss. Sharing the battle with classmates also gave me hope."

How MOVE! helped make changes and achieve goals

Tom has lost 83 pounds, decreased his medications, and increased his physical activity to one hour of swimming 5-6 days and weightlifting 3-4 days each week. He says, "I look and feel better. My daily routine goes along smoother. I have 3 signs that say "*No Excuses*" with my weight goal written on them throughout my house. I keep my gym bag by the front door."

> ❝ **I am living proof that it works."**
>
> – Tom Benson

Tom's message to Veterans

"It works! You just have to decide that you really want to do it, commit to it. It takes time, but eventually you will start seeing results. That, in turn, will motivate you to lose more."

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