

Working Hand In Hand:

**MOVE![®] VETERAN WELDON SADLER DISCUSSES HOW
EXERCISE AND NUTRITION HELPED HIM GET 45 POUNDS LIGHTER**

Before the MOVE![®] Program, had you tried to lose weight?

“No, I hadn’t tried to lose weight before.”

What prompted you to start MOVE![®]?

“My VA primary care physician saw the results of my blood work and told me I had Type 2 diabetes. He also said that I’d have to check my blood sugar levels every other day! Because my mother and grandmother had diabetes, I knew I was facing a life-changing situation and feared being dependent on daily insulin and medications. I also wanted to live longer and enjoy my family and retirement years. All of this motivated me to do something to make my situation better! My physician later enrolled me in MOVE![®] at the Viera (FL) OPC.”



What changes did you make with MOVE![®]?

“Before MOVE![®], I used to exercise several times a week at the gym. But I’d never combined exercise with a proper diet. I found that these two work hand in hand—one is no good without the other! Now, I walk 5 miles or more each day, and this exercise has become my daily routine, along with proper nutrition. I also did a complete makeover of the foods I was eating—I removed salt, sugar, and alcohol from my diet after I started the program.”

How did the program work for you?

“MOVE![®] educated me on how to properly lose weight, and why I should do it. Staff monitored my progress and motivated me along the way. My VA nurses and dietitian taught me the correct way to eat. The Web site helped me determine the calories in different foods, which was extremely helpful. Wearing a pedometer also allowed me to monitor my activity each day.”

What were your biggest obstacles?

“Making lifestyle changes was really difficult. Although I was self-motivated, it was hard to leave my comfort zone and change old habits. Giving up all the foods I’d enjoyed for so many years was not easy! Learning to read food labels and count calories was also something I’d never done before. And I found out that losing weight and staying healthy at the same time is a slow process.”

How has your health improved?

“I’ve lost 45 pounds and that’s allowed me to keep my diabetes in check—I don’t have to take medications for it every day. I’ve also don’t need to take blood pressure medication anymore. To me, this is a great accomplishment! I can honestly say that I’m much healthier today thanks to MOVE!®.”

Who supported you in your weight loss?

“I credit two people as most helpful. My VA dietitian educated me on proper diet and counting calories, then monitored and motivated me during the process. And my wife came onboard at the beginning and supported me all the way. To both of these ladies, I say, ‘thank you!’”

How do you plan to keep the weight off in the future?

“I plan on continuing the lifestyle changes I made with MOVE!®. That combination has allowed me to lose so much weight and become healthier. If something is working, why change it, right?”

What would you tell other Veterans about MOVE!®?

“I’d definitely recommend it to them. People tell you that you need to lose weight and exercise, but MOVE!® educates you on how to safely do it. The program also explains in detail the problems associated with being overweight. And it gives you the support you need to stay on track. I tell others that you must have self-discipline and motivation to lose weight. MOVE!® can teach you what you need to know, but it’s up to you to apply it. No one else will do it for you!”

