



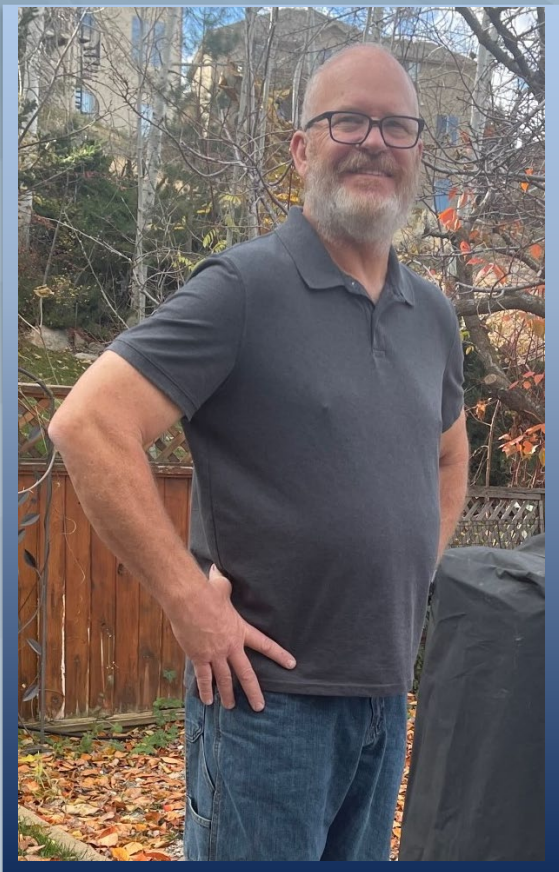
Success Stories

Healthy Living Matters. Prevention Works.

Committing to Better Health

VETERAN BOB UNDERWOOD DEVELOPED NEW HEALTHY HABITS TO MANAGE HIS WEIGHT AND IMPROVE HIS LIFESTYLE

Bob worked with the MOVE! team at the VA Salt Lake City Healthcare System in Salt Lake City, UT, to learn behaviors for better health and put them into practice.



Finding His Motivation

After Bob retired from Air Force service, he soon began to encounter issues with maintaining a healthy weight. "I shot up," he explains, "and had little success changing my diet when I tried." Bob found short-term success with other programs, but none afforded him the lasting results he desired. He reached out to VA for help, and when his provider referred him to the MOVE! Weight Management Program for Veterans (MOVE!), Bob enrolled with a bit of hesitation. "[I was] unsure of what I was getting into," he recalls.

Beginning to MOVE!

After joining MOVE!, Bob soon found that its unique approach to weight and health management suited his needs. "I quickly became comfortable with the class," he shares, and soon "found myself actively participating." He credits his MOVE! team for keeping him motivated and engaged through their low-pressure support, and explains that sharing his experience with his team, other MOVE! participants, and his wife helped him stay committed to his new lifestyle.

Keys to Success

With MOVE!, Bob worked to build healthy eating and physical activity habits that emphasized adopting simple, achievable goals to improve his lifestyle. While Bob had often turned to food to help manage his stress, new tools such as a food journal to track calorie intake helped him remain mindful of his choices. He also learned techniques for meal planning and choosing healthy foods that keep him satisfied and on track with his nutrition goals.

Commitment Pays Off

Since starting MOVE!, Bob has lost 45 lbs. and continues to work for further progress toward his goals!

“Trust your instructor. They are the secret to your success!”

– Bob Underwood



Sticking With It

Bob continues to maintain his healthy food choices. To keep up his physical activity level, he enjoys walking his dogs and visiting the gym at his workplace. His required medications have been reduced and he continues to strive toward even better health.