



Success Stories

Healthy Living Matters. Prevention Works.

He Wanted His Energy Back

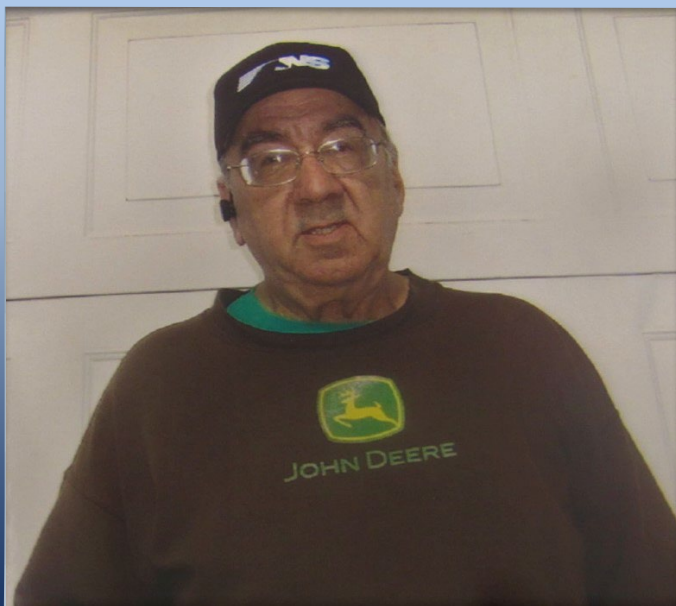
FEELING RUN DOWN, VETERAN BRIAN HICKEY TURNED TO THE MOVE! TEAM AT THE CANADAIGUA, NY, VAMC FOR HELP.

Brian knew that he had to make a change after gaining nearly 75 pounds over 20 years.

MOVE! Was His First Try

Brian Hickey found that while putting down the cigarettes 10 years ago was a great health benefit, his appetite increased and he began to eat more. As a result, he gained weight. His VA primary care doctor suggested that he lose some weight and pointed him to the MOVE! Weight Management Program for Veterans.

Brian had never tried any weight-loss program before because he did not trust the weight loss ads he saw on TV. However, MOVE! has been working for him and over the past year and a half he has lost 40 pounds.



Motivated To Stay On Track

Brian says that the MOVE! staff has motivated him to stay on track. "I have been watching what and how much I eat. I have been staying away from foods that are not that healthy."

The Power Of The Group

Brian started his journey in July 2018 and continues to participate in the MOVE! group sessions. MOVE! has other options for Veterans, including telephone lifestyle coaching and TeleMOVE! among others.

Feeling healthier

After losing 40 pounds, Brian says he is noticing a difference.

"After losing this amount of weight I find I have much more energy. I do more walking and exercise in general. I feel much healthier than I used to."

Brian says he's not done. He's still participating in his MOVE! group and wants to lose another 20 pounds.

“It has helped me
enjoy life much more.”

– Brian Hickey

