



Success Stories

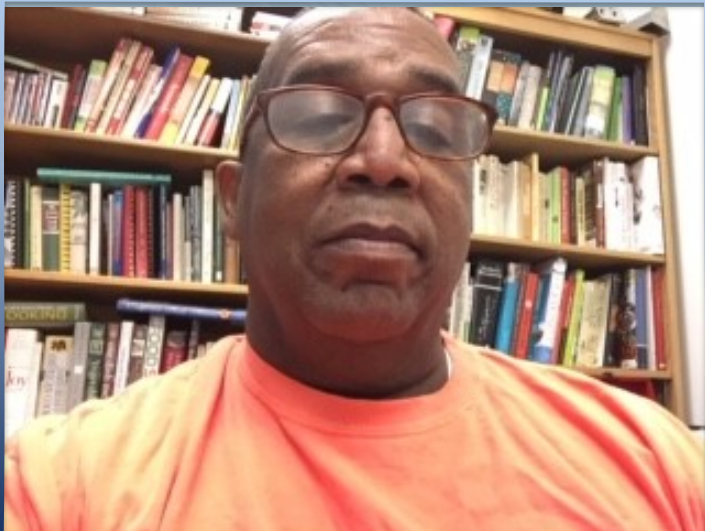
Healthy Living Matters. Prevention Works.

Putting Theory into Practice

VETERAN CARL CONWAY USED HIS EXPERIENCE IN THE KITCHEN TO DEMONSTRATE THE POSITIVE IMPACT OF A HEALTHY DIET.

With the help of the MOVE! team at the South Texas Veterans Health Care System, Carl combined diet and exercise and found weight loss success.

The Pledge to Change



As the Executive Chef at the South Texas Veterans Health Care System, Carl already knew the powerful effect food can have on one's overall health. Still, he found it difficult to maintain a healthy weight. Since his retirement, he had experienced a steady increase in weight even after bariatric surgery. After helping to lead a Health Equity Program focused on improving dietary habits of African American Veterans with high blood pressure, Carl was inspired to join his fellow Veterans in their weight loss journey.

A Network of Support

When Carl decided to commit to the MOVE! Weight Management Program for Veterans, he asked his team of dietitians to hold him to his pledge. "To say they stepped up to the challenge is an understatement," he recalls. For Carl, the main benefit of the program was its "method of accountability. Knowing I had to [report] to someone every week helped to keep me focused." Carl credits a number of staff and peers for their support throughout the process. "I am grateful," he writes, "to my instructor, Priscilla Green, for leading interesting and motivational class sessions, to the Veterans that participated in my group for motivating me and holding me accountable, and to my MOVE! Coordinator who was persistent, but gentle, in making sure I didn't miss any sessions."

Working Out a Plan

During his time with MOVE!, Carl developed new habits that he plans to make permanent. "I have made exercise and physical activity a priority in my life again," he explains. Carl's new standard for exercise is at least three sessions of cardio or resistance training per week.

**“ [The MOVE!
program] works if
YOU do the work!”**

– Carl Conway



Commitment to Success

Since beginning the program, Carl has lost over 30 pounds and plans to keep pushing for even greater weight loss!