



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Motivated by His Grandchildren*

*WHEN HIS 6 YEAR-OLD GRANDDAUGHTER COMMENTED ON HIS WEIGHT, VETERAN DAVID EVERY ADMITTED HE NEEDED TO MAKE A CHANGE IN ORDER TO BE AROUND TO SEE HIS GRANDCHILDREN GROW UP.*

After participating in TeleMOVE! through VA Central Western Massachusetts Healthcare System's MOVE! Program, David has lost 30 pounds and feels great!



## *Admitting A Truth*

David Every struggled to manage his weight since he moved from Hawaii to New England 10 years ago. He first participated in VA's MOVE! Weight Management Program for Veterans four years ago. He lost 40 pounds, but then slowly gained them back. Last year, when sitting on his lap, David's 6-year-old granddaughter said, "Pop is fat." David says, "I admitted that was true and then I thought about how I'd like to be around to watch the grandkids grow up. I determined I was going to get down to a healthier weight." He asked his VA provider about his weight and she referred him to MOVE!

### *Using MOVE! Tools*

MOVE! is the only weight management program David has tried. The strategies he learned about in MOVE! include having balanced meals, eating smaller portions, creating SMART goals, and the importance of exercise. Using these strategies, David was able to get and stay on track. He also found the accountability of regular weigh-ins to be helpful. David says his wife helped him make changes to his eating and was supportive of the time he spent exercising.

### *The Results Are In*

After losing 30 pounds, David says, "Now I'm back down to a good weight with some more to go and I feel really great!" He notes several related improvements in his life, including feeling good when exercising, his clothes fitting better, and being physically able to do more. He really enjoys walking around his neighborhood.

### *Staying Healthy*

To maintain his weight loss and stay healthy, David keeps an eye on food portions and weighs himself every morning. He also does light weightlifting and walking. His goal is to walk 12,000 steps in a day which he does 3 to 4 times per week!

“This is an excellent program that works if you simply follow the suggestions.”

– David Every

