



Success Stories

Healthy Living Matters. Prevention Works.

Living a Fuller Life

VETERAN DAVID TEDERICK WENT BACK TO BOOT CAMP – MOVE! BOOT CAMP – TO START HIS WEIGHT LOSS JOURNEY OF MORE THAN 200 POUNDS.

Other weight-loss programs and working out at the gym did not produce long-term results so David turned to the MOVE! team at the James H. Quillen VA Medical Center in Mountain Home, TN.

A friend's faith in him



Battling depression over a recent divorce, a friend's faith and confidence in him motivated David to reach out to the MOVE! Weight Management Program for Veterans.

In November 2018, David attended a MOVE! Boot Camp introductory session and felt motivated by the MOVE! team members. He started the 16-week group classes right away. When they ended David said, "I was still learning and processing all they taught me, so I asked to repeat the series." He immediately learned that MOVE! was different from other programs because it provides both education and accountability. "The structure and stability of the program is very different from other programs."

Learning to shop and cook

David also attended the eight-week MOVE! Healthy Teaching Kitchen classes where he learned menu planning and meal preparation. "They took us to a local grocery store for a tour along with six-weeks of cooking classes." David says, in the past, he would go into a grocery store and just grab what he thought he needed. But in MOVE! he learned how to read food labels and spot marketing techniques that might influence him to buy products that are not consistent with his weight loss goals. "They also taught me how to download and use an app on my phone to log my food and beverage intake which helps hold me accountable."

Ribbons of motivation

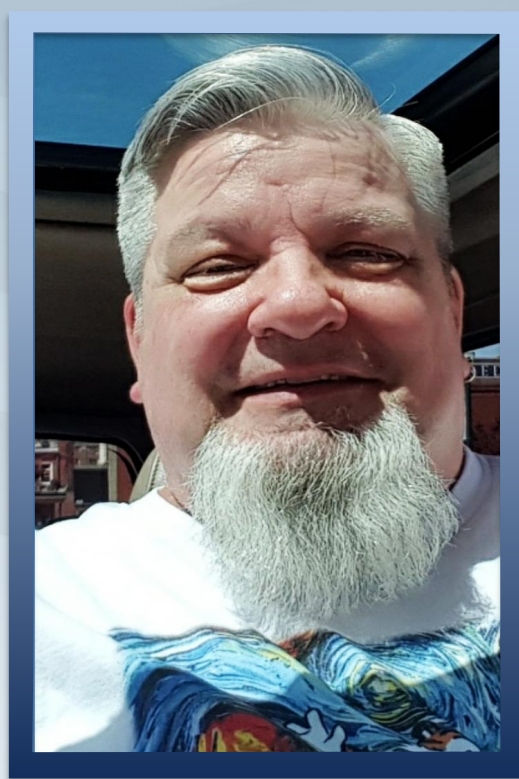
David said that a key motivator for him was ribbons the MOVE! team awarded as participants reached weight loss milestones - five pounds, 10 pounds, etc. He said that he wrote the date on each one he received and hung them on his mirror. "For me, this was a tangible accomplishment that I could see daily and it was incredibly motivating."

A weight off his knees

Before his weight loss David had trouble with his knees and needed a cane to walk. Now he says his knees feel much better and he rarely needs a cane.

“ I often reflect on where I was and how far I’ve come, and I know I do not want to go back there. I am living a fuller life now and I want to keep it that way.”

– David Tederick



Sticking with MOVE!

Even though David has lost more than 200 pounds, he continues to participate in MOVE! Along with the cooking classes, he attended an advanced MOVE! class and participates in the MOVE! Support Class. "Staying connected with the MOVE! team and other Veterans is very helpful for me on my journey."