



Success Stories

Healthy Living Matters. Prevention Works.

Self-management, perseverance, and MOVE! program flexibility – a winning combination

WHILE WORKING FULL-TIME, DEBORAH HILL TOOK FULL ADVANTAGE OF THE FLEXIBILITY OFFERED BY USING MOVE! SESSIONS VIA TELEPHONE CALLS.

With the help of her Minneapolis VA MOVE! team, Deb has improved her health, lost inches, and feels better about herself due to her successful weight loss.

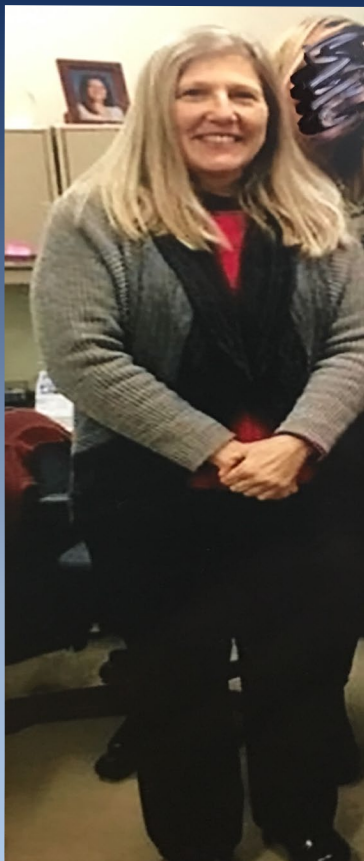
Getting some guidance

Veteran Hill learned about MOVE! when she spied a flyer on a VA bulletin board. Then her provider suggested she start the program.

Her sessions began with phone calls twice a month. Later, the calls were decreased to once a month as she continued to see progress. With a full-time job and challenges getting to the VA for appointments, Deb appreciated the flexibility and convenience of her MOVE! telephone sessions. She stated "The dietitians helped tremendously. They acknowledged what I was doing right and helped me plan goals, giving me assistance to attain them. It was great to be able to incorporate what I wanted into my individualized weight loss plan and it worked!"

“MOVE! works but it's not a quick fix...be ready to make lifestyle changes for success”

– Deb Hill



Life changing

Deb shared that since participating in MOVE! she feels better about herself, emotionally and physically. She's pleased with the positive lifestyle changes she has made, like incorporating healthier foods into her diet, and as a result of her weight loss, she is experiencing less joint pain, too. She recommends the MOVE! program to other Veterans urging them to keep an open mind about making lifestyle changes that will work.

Motivation and support lead to success

The MOVE! dietitian acknowledged that Deb's motivation contributed to her success with weight loss. Even though Deb had been exercising regularly before MOVE!, she hadn't been able to lose weight. With the help of her MOVE! team, she was able to identify where she was going wrong and make corrections to achieve her goals.

