



Success Stories

Healthy Living Matters. Prevention Works.

Ready to Meet the Challenge

VETERAN DON CRITES COMMITTED HIMSELF TO MAKING SMALL, MANAGEABLE CHANGES TO BUILD A HEALTHIER LIFESTYLE

Working with the MOVE! team at the VA Portland Health Care System in Vancouver, WA, Don adopted new habits and achieved his weight loss and healthy living goals.

Taking the First Steps

Don explains that before joining the MOVE! Weight Management Program for Veterans, he had struggled to maintain a healthy weight for several years. When he discussed his dissatisfaction with his wife, she encouraged him to give MOVE! a try. Determined and optimistic, Don joined MOVE! in October 2020 with the goal of losing 5% of his body weight. He chose to make use of TeleMOVE!, which allowed him to participate in the program from the comfort and convenience of his own home.



Support from the Team

Don says that his weekly phone sessions provided inspiration and accountability to develop his new lifestyle. His MOVE! team helped him make small changes in the pursuit of better health, such as adding fresh fruits and vegetables to his diet and learning to be more mindful of which foods, and how much of those foods, he consumed. Don also explains that his wife was a constant source of support and motivation throughout his weight management journey.

Using the Right Tools

To complement the weekly calls, Don made the most of the resources available through MOVE!. "I thought the [workbook] and handouts were very helpful," he explains. MOVE! offered Don the right tools to help him accomplish his goals, and with determination and discipline he used them to improve his health.

More Than Just a Number

Don lost 5% of his body weight with MOVE!, but beyond this original goal, he also achieved better health. "I feel better [and] look better," he shares. "I have more energy, and eat healthier foods."

“I highly recommend [MOVE!] to anyone who wishes to improve their health or just look and feel a little better.”

– Don Crites



The Power of Commitment

Reflecting on his experience, Don says the most important factor in accomplishing his goal is obvious. "Just commit and stay with it," he advises. Don's commitment empowered him to change his lifestyle and maintain a healthier lifestyle in the future.