



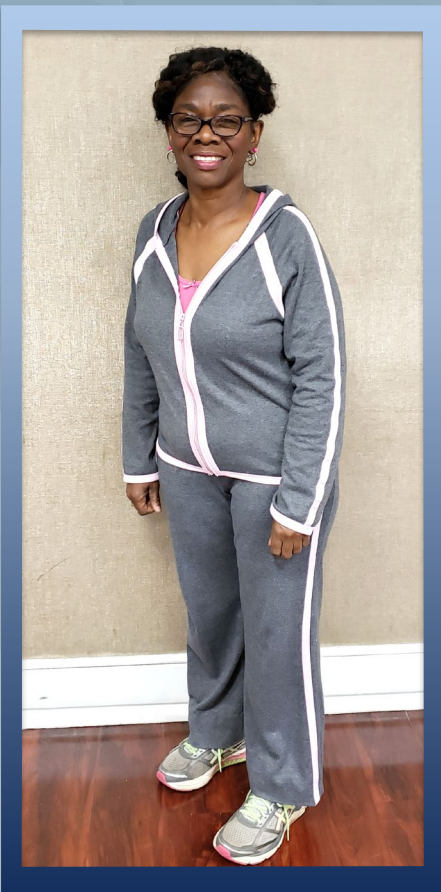
Success Stories

Healthy Living Matters. Prevention Works.

Challenge Yourself to a Healthier Lifestyle

VETERAN ELAINE JOHNSON CHALLENGED HERSELF TO MAKE HEALTHY LIFESTYLE CHANGES USING HEALTHY EATING AND PHYSICAL ACTIVITY SMART GOALS.

With ongoing support from the MOVE! team at the Ralph H. Johnson VA Medical Center in Charleston, SC, Elaine learned new skills, made major lifestyle adjustments and achieved success.



All-Too-Familiar Story

"Before I decided to give the MOVE! program a try, I generally lost weight on my own. I would take diet pills, eat diet bars, drink diet shakes. I tried a couple of weight loss programs which worked initially, but proved to be very expensive. So, when I discontinued the programs I gained the weight back and more. The focus of most of the programs was NOT on changing my mindset, behavior, attitude about food or learning nutrition facts. It was like a roller coaster ride of ups and downs. I would stick with it for a while, see results and go back to my old way of thinking and eating, slowly gain more weight and develop health issues. My clothes sizes were increasing, health worsening, and physical activity decreasing. Wow! What a bad combination."

Making Healthy Changes

Elaine's weight loss attempts continued from 2015 until June 2018 when her Primary Care Physician addressed Elaine's concerns of increasing weight and poor lab results. The provider recommended Elaine join MOVE! and mentioned the proven success rate of the program. In June 2018, Elaine attended her first MOVE! class. After her second class she said, "I made a conscious decision that I needed to make some changes if I wanted a chance of living a longer, healthier, and meaningful life. My desire is to be a good example and a role model to myself, my family, my friends, and people in general."

Educational Inspiration

"MOVE! has been an inspiration to me. Even though it is like going to school, there is a wealth of important information provided with audio-visual aids, handouts, tools that you can use and take home to help you be successful. Best of all, there is a team of staff to answer any of your questions!"

Success is Sweet

"I've lost 30 pounds and still counting. I've met or exceeded all of my goals. I've gone from a size 14/16 to a 10/12. Before, I was struggling to walk two miles, now I can walk up to eight miles."

“**MOVE! to a healthier life.**”

– Elaine Johnson



The MOVE! Program Works

"Thanks to the VA MOVE! staff, my family and my class, I was able to keep my commitment and stay on track using my SMART goals. The class environment offered caring, sharing, listening, honesty, and encouragement from staff and fellow Veterans. My life is much better not just because of the weight loss but because now I enjoy going places with my grandchildren. I have more energy to get things done. I was on seven different medications and now I am only on three. I'd like all Veterans to know that the MOVE! Program works. Get started on your journey to a healthier lifestyle!"