



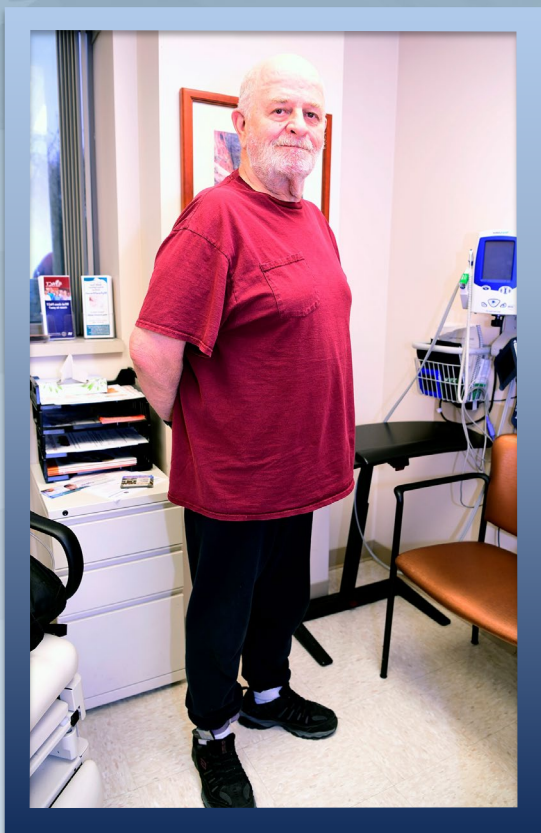
Success Stories

Healthy Living Matters. Prevention Works.

From Out of Breath to Six Miles a Day

A TRIP TO THE EMERGENCY ROOM LED VIETNAM VETERAN GEORGE PETTERSON TO THE MOVE! PROGRAM AT THE NORTHEAST OHIO VA HEALTH CARE SYSTEM IN CLEVELAND, OH.

George struggled to lose weight for many years until he found support and guidance from the MOVE! team that were crucial to his 80-pound weight loss.



From emergency room to MOVE!

George was 290 pounds, out of breath and in a California emergency room when he was told that, as a Veteran, he was eligible for VA care. When he returned to Ohio, he started working with the pulmonary rehabilitation team at the Northeast Ohio VA Health Care System. His VA primary care provider also suggested that he try the MOVE! Weight Management Program for Veterans.

"I started coming to the main medical center for my MOVE! classes so I could get care for PTSD, health coaching and participate in the walking program." Since starting MOVE in January 2018 George went from 280 to 210 pounds. His goal is 175 pounds and he plans on staying with MOVE! until he reaches it.

MOVE! was different

George says he has been battling weight problems since leaving the military in 1971. He would stop eating, then try what he called “yoyo diets,” and then begin emotionally eating. He says that the MOVE! program is different. “You are in a group, get more encouragement from listening to what other people do, and share ideas with each other.”

The payoff

His effort is paying off, not only in weight lost, but in the ability to exercise and better health overall.

“I know I’m not carrying around 80 extra pounds and that’s a lot of extra weight to carry around. I can now get on the treadmill for 6.25 miles and I couldn’t walk at all before! I couldn’t walk more than 50 feet without being out of breath.”

George’s blood pressure is lower and his A1c has dropped from 5.9 percent, which is prediabetic, to 4.9!

Advice to other Veterans

According to George MOVE! can benefit other Veterans. “They get a lot of information out of it. I think it’s an outstanding program and I hope to keep active in it. Each time I attend the group I get more out of it.

“ I eat healthy and I exercise every day. You have to do both. I know that if I don’t do both, I’ll gain the weight back.”

– George Petterson



He wanted to do it!

George believes he has succeeded in losing the weight largely because it was important to him -- “I wanted to do it!” He also says that the MOVE! and Whole Health teams have been a big help in keeping him going.