



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *MOVE! Lifestyle Changes Benefit Health*

*MOTIVATED FOR CHANGE WHEN HE LEARNED THE RISKS OF ELEVATED BLOOD SUGAR AND BLOOD PRESSURE, VETERAN JAMES JORDAN TOOK ACTION.*

Though he wasn't struggling with weight, when he learned he could decrease his health risks by improving his diet and exercise, James chose to do so by being accountable to himself, his family, and his Milwaukee, WI, VA Medical Center MOVE! team.

### *Knowledge and Accountability*

Since starting the MOVE! Weight Management Program for Veterans in 2015, James says, "I've been able to better manage my overall health using the nutritional information, exercise opportunities, and by the level of accountability I've been held to in this program. Learning more about reading food labels, portion control, and making healthy food choices has helped me lower my blood sugar (I've had diabetes for many years) and maintain good blood pressure. Combining good eating habits with my exercise has allowed me to lose weight (about 25 pounds), and keep it off. I've invested in an exercise bike so that I can keep moving at home and have gone from weighing over 200 pounds to a steady weight of 170-180 pounds." For James, accountability has been key. "It's nice to have accountability to my family and MOVE! staff, including my dietitian, Mr. Aaron Feest. It has helped ensure that I stay on track with my goals."



## *What Worked for You?*

After attending two nutrition sessions at the VA, James became motivated to combine healthy eating and exercise to improve his overall health. So his healthcare team suggested he try the MOVE! program.

Over the past few years James has benefited by participating in MOVE! in its various formats. These include group, individual and physical activity sessions. "My dietitian, Aaron Feest, and the MOVE! staff have given me a wealth of information on staying fit and making good food choices." With the occupational therapist-led Lifestyle Coaching program, James started to exercise and says, "The exercise and the tips provided for healthy eating have helped me lose weight." He stays involved in MOVE! for continued support.

James also had support at home. "My wife and my daughter helped me stick with my diet and that helped me stay at a good weight with a healthier blood pressure."

## *Achieving His Goal and More!*

"For the past two years, I have managed to keep my weight between 170-180 pounds. I have lowered my blood sugar and my blood pressure. I pay closer attention to what and how much I eat daily, and I am more active outside of my home."

“The MOVE! program equips a person with a better understanding of healthy food, and it gives one a chance to be more physically active.”

– James Jordan

