



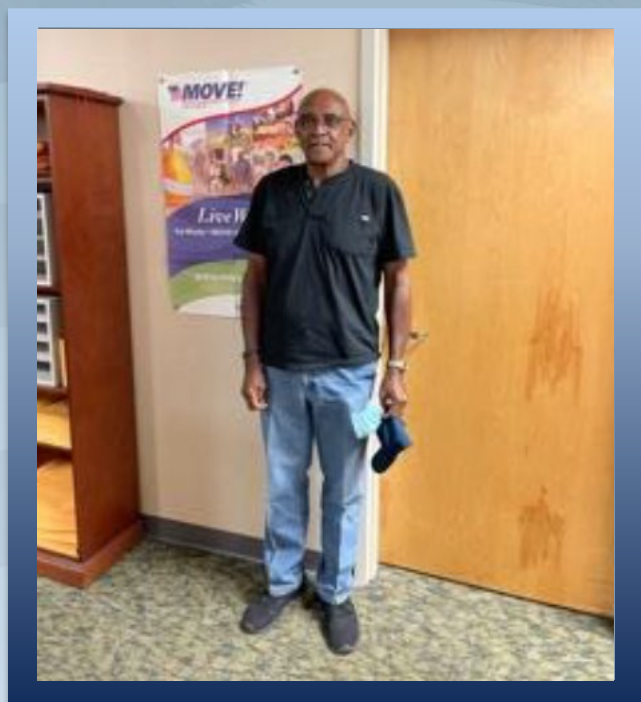
Success Stories

Healthy Living Matters. Prevention Works.

Embracing the Change

AFTER YEARS OF STRUGGLING TO MAINTAIN A HEALTHY WEIGHT, VETERAN JESSE DUNN IS NOW ENJOYING THE BENEFITS OF HIS WEIGHT LOSS SUCCESS.

Jesse worked with the MOVE! team at the G.V. (Sonny) Montgomery VA Medical Center in Jackson, MS to build a new lifestyle that allowed him to realize his goals.



Taking the First Step

Before joining MOVE!, Jesse had struggled with his weight for several years. According to Jesse, "every time I would start to lose weight, some issue would come along and disrupt my weight loss efforts." In time, "I would find myself going back to my regular old habits." Jesse's weight contributed to chronic pain, and in January 2020 he decided to follow the recommendation of his physician, Dr. Vera Brooks, and consult with a dietitian about the MOVE! Weight Management Program for Veterans.

Pushing Forward

Jesse joined TeleMOVE! in April 2020 and soon began to adjust his habits for a healthier lifestyle. "The part of the program that worked best for me," he explains, "was tracking which foods I ate, and the amount of those foods eaten." Jesse also discovered that recording his physical activity in the same way helped him stay on track.

Strength Through Support

Jesse built a new lifestyle with healthy habits in order to reach a healthy weight, and the support of those around him helped carry him through his efforts. He thanks his MOVE! dietitian Tracy Fritts for her encouragement throughout his MOVE! experience. At home, "my spouse played a big role in helping me ...she cooked the right foods and encouraged me to stay on track."

Measuring Up

Since starting MOVE! in 2020, Jesse has lost over 30 pounds and 3 inches from his waistline! His overall health has also improved, as Jesse has less pain and greater mobility.

“ [Go in] with an open mind and a positive attitude. A positive attitude will get you positive results.”

– Jesse Dunn



Sticking to It

To maintain his new, healthier weight, Jesse continues to eat wisely and stays fit by walking 3 ½ miles five times per week.