



Success Stories

Healthy Living Matters. Prevention Works.

Finding Strength in His Team

VETERAN JOEL KOFFRON SET OUT TO MANAGE HIS WEIGHT AND EXPERIENCED A "MASSIVE QUALITY OF LIFE CHANGE" TOO.

Joel worked with the TeleMOVE! team at the VA Alexandria Healthcare System in Alexandria, LA, to create a healthier lifestyle that helped him achieve his goals.



"Lighting the Match"

Joel had struggled to maintain a healthy weight for 15 years. He'd tried to find a solution with diet pills, systems, and various programs, but no matter what he did, he couldn't find lasting success. When his chiropractor, Gary Rubenstein, referred him to the MOVE! Weight Management Program for Veterans, Joel saw it as "[lighting] the match" for a new level of resolve. "My ability to move and have energy at my age is imperative," he explains, as his three children keep him especially busy at home.

Taking The First Steps

Joel credits his entire MOVE! team, and especially dietitian Candace Dodge, for doing “outstanding work” and motivating him to change his lifestyle for the better. He explains that the MOVE! team provided him with the tools, guidance, and support he needed to stay focused on achieving his goals.

A Different Approach

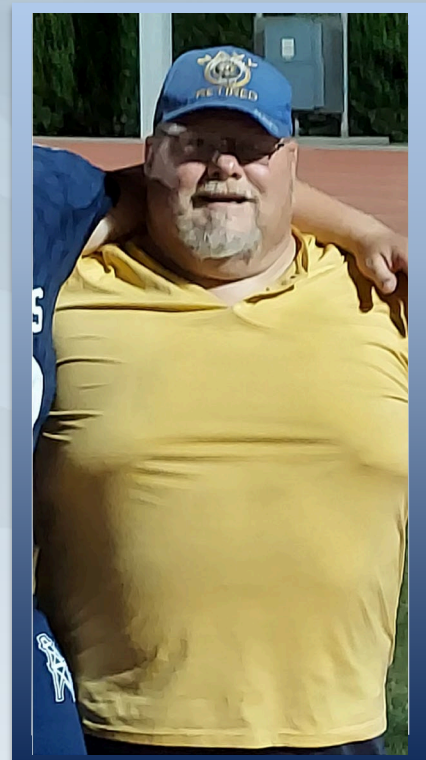
Unlike his past experiences trying to manage his weight, Joel found that MOVE! empowered him to make simple, effective changes to his food and physical activity habits. Joel learned to be mindful of what and how much he was eating and drinking, and to “get moving” to help manage his weight. He encountered some difficulty with chronic knee pain that made staying active difficult, but celebrated being able to spend time with his kids and “being able to even tie my shoes!”

Achieving Success

Joel has remained committed to the plan he established with his MOVE! team. Since starting MOVE!, he has lost over 70 pounds and 8 inches from his waistline. His knee pain has decreased and he is more mobile and energetic.

“I can tell [Veterans] firsthand, [MOVE!] is worth it!”

– Joel Koffron



Sticking With It

Though he has already accomplished a great deal with MOVE!, Joel continues to strive for even greater results. He shares that he plans to lose another 25 pounds and increase his level of physical activity even more over the next 6 months.