



Success Stories

Healthy Living Matters. Prevention Works.

"Accountability Worked Wonders"

VETERAN JONATHAN SORBER ACHIEVED BETTER HEALTH AND A BETTER STATE OF MIND BY CHANGING HIS LIFESTYLE.

Jonathan worked with the MOVE! team at the VA Central Texas Healthcare System to build habits that empowered him to reach and exceed his goals.



Following The Right Advice

Jonathan shares that he had "always been a little heavier" than he would like, but it wasn't until he started to notice the effect his weight was having on his overall health that he decided to make a change. When his VA team advised him to give the MOVE! Weight Management Program for Veterans a try, Jonathan became determined to do so and find success. "I wanted to be healthier so that I can be around for my family as long as possible," he recalls.

Staying on Track

For Jonathan, MOVE! was effective at motivating him to improve his health. “The accountability of the program has really helped me maintain my journey,” he explains. Jonathan committed to making small changes to his eating and physical activity habits, like substituting a salad for fried chicken and incorporating regular workouts into his routine. Each morning, Jonathan tracked his weight and continued working toward better health. “I treated the numbers on the scale like a game,” he shares, “and I was constantly working to achieve a lower score.”

Reaping the Benefits

Since joining MOVE!, Jonathan says that “I have [gained] more stamina and energy.” What’s more, he says he feels better about himself and has improved his mood. All told, Jonathan has lost 39 pounds and has “far exceeded” his original goal of losing 14 lbs. He thanks his family and his MOVE! team for their constant support and encouragement throughout his weight loss journey.

“[Veterans] can lose the weight they want to lose. Don’t get wrapped up in the final goal but set little goals along the way.”

— Jonathan Sorber



The Next Level of Activity

One of the ways that Jonathan maintains his new lifestyle is by incorporating his virtual reality headset into his workouts. With this method, as well as other traditional exercises, Jonathan aims to stay active at least 6 days per week.