



Success Stories

Healthy Living Matters. Prevention Works.

Motivation to MOVE! Yields Dramatic Success

VETERAN MICHAEL KELL DECIDED TO TAKE CHARGE OF HIS WEIGHT LOSS MISSION AND EXCEEDED ALL EXPECTATIONS

With the support of the Wm. Jennings Bryan Dorn VAMC MOVE! Team, Michael restructured his lifestyle and reaped the benefit.



The Decision to Change

Michael's commitment to weight loss began upon his return from a family wedding. "I was at an all-time high of over 280 pounds," he explains, and "over three months [of dieting] on my own...had only lost a few pounds." Not to be discouraged, Michael consulted with Melissa DiMarino, his VA dietitian, and decided to try the MOVE! Weight Management Program for Veterans.

Initial Plans and a Surprise

When starting the MOVE! Program, Michael first planned on losing 10% of his body weight over 25 weeks. He reached that goal in less than half of his anticipated timeframe and decided to push even further. Over the next several months, Michael continued to surpass expectations and adjust his weight loss goals. Today, Michael has lost over 60 pounds and continues to work toward even greater progress!

Little Changes Add Up

For Michael, his success with weight loss was rooted in small but significant changes to his diet and exercise habits. "I found that finding healthy meals that [I enjoy eating] greatly increased my success levels," he explains. In addition to making healthier choices when shopping for food, Michael also walked over two million steps during his time in the MOVE! program.

Sticking with It

Though Michael's weight loss effort has been a great success, he did hit roadblocks along the way. "There were days I slipped from my program," he recalls, but each time he chose to renew his commitment to the process and kept working toward his goal.

“I locked in the weight loss by taking many of my pants and shirts to the thrift store...they are way too large for me [now]!”

– Michael Kell



Reaping the Reward

In addition to losing weight, Michael now enjoys additional benefits of his healthy lifestyle. "My blood pressure, cholesterol, [and blood] sugar counts are all in the healthy range...arthritis and bursitis flare-ups have diminished also. I snore less!"