



Success Stories

Healthy Living Matters. Prevention Works.

Getting out what he put in...and more

AFTER TWO YEARS IN MOVE! AND FIVE YEARS TOTAL, VETERAN MICHAEL SPANJERS LOST 75 POUNDS.

Support from loved ones and his Minneapolis VAMC MOVE! team helped him achieve and maintain weight loss success.



A desire to be healthier

Michael Spanjers was getting ready to retire and he knew he was overweight. He was attending diabetes classes to address his uncontrolled diabetes. It was in these classes that he learned about the 'program that helped Vets lose weight' and he "decided to call and make my first appointment." Michael ended up participating in individual sessions as well as MOVE! Telephone Lifestyle Coaching from 2015 to 2018.

What worked for you?

"I liked that there was someone who kept me accountable for what I did and ate." Michael also shared that he had terrific support from his girlfriend who helped with cooking meals and preparing snacks.

Multiple positive changes

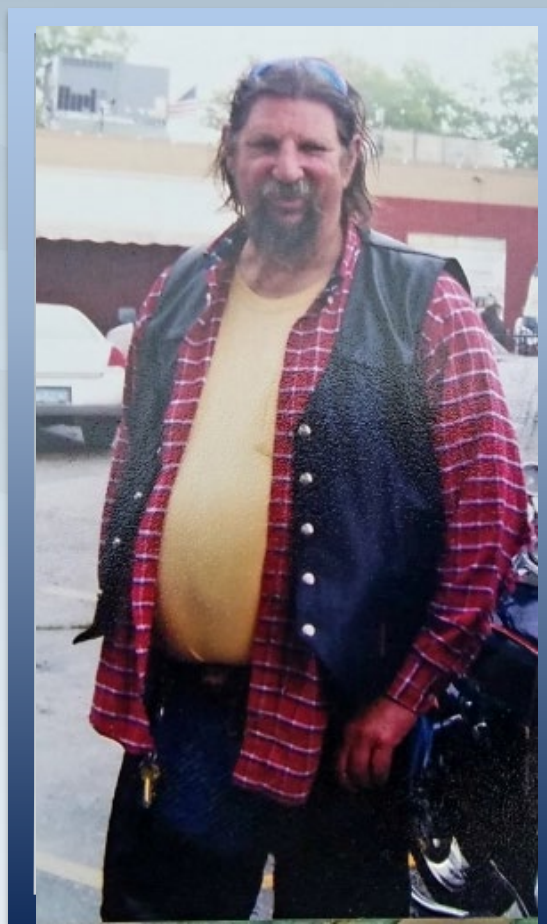
Michael was able to lose 75 pounds and keep it off after completing MOVE! He lowered his hemoglobin A1c to 5.3, and was able to stop taking any medication for his diabetes.

What else is different now?

Michael experienced many additional benefits of weight loss. "I walk about 2 miles every day and my diabetes is under control. It is great [that] I can get up without thinking. I jump out of my chair. My feet are so much better." The helpful behaviors he learned in MOVE! are still with him, too. Michael is making healthy food choices and eating wisely, including drinking plenty of water and controlling portion sizes. He also participates in regular physical activity.

**“ With their support,
you can do anything.
You will get what you
put into the program.”**

– Michael Spanjers



Michael's Message

"Big thanks to the MOVE! Program."