



Success Stories

Healthy Living Matters. Prevention Works.

Nate Feels Great

VETERAN NATHANIEL "NATE" ANDERSON HAD GIVEN UP TRYING TO LOSE WEIGHT AND GET HIS BLOOD PRESSURE AND BLOOD SUGARS UNDER CONTROL.

Nate finally relented to his "gently persistent" VA provider and joined MOVE! Now, 45 pounds lighter, Nate is off insulin, taking far less medication, and feels better than he has in years!



How was your health before starting MOVE!?

"My weight had increased slowly over a few years, but I had weighed 200 pounds for about a year. More importantly, my blood sugars had risen along with my weight. I had been taking insulin for 3 or 4 years, 4 times per day. I (also) had elevated blood pressure. My knee pain had gotten so severe, I had been approved for knee replacement surgery.

"I had made half-hearted attempts to get my weight and blood sugars under control, but to no avail. I had given up. I was tired of trying."

“I can honestly say I feel really great. MOVE! works!”

– Nate Anderson

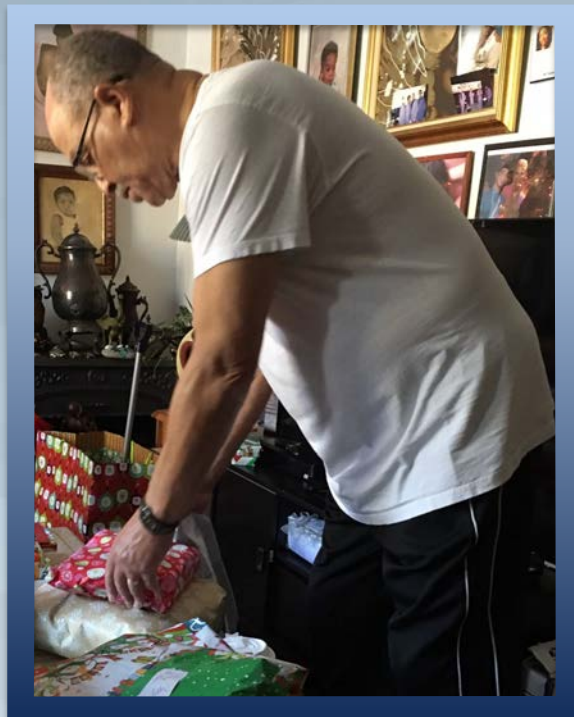
Who motivated you to give MOVE! a try after all?

“Dr. Abbott, my diabetes doctor. She had been suggesting I get involved with MOVE! for a couple of years, along with my primary care physician, Dr. Proctor. I had resisted their suggestions. However, Dr. Abbott was gently persistent in pushing me to try the program. I got tired of making excuses and telling her no.”

Why did MOVE! work for you?

“The credit goes to the skills of the instructors/facilitators. The content and information presented was very useful, not complex, and relatable on a common-sense level. Very important to me was the goal of losing just 1-2 pounds per week. This seemed attainable. Also, the weekly weigh-in was a great motivator.

“Now, I watch my portions and include salads and more vegetables with my meals. I try to stay away from foods that are high in fat and added sugar. I go to the gym three times a week, and I participate in a Chinese form of exercise called Qi-Gong every day.”



How has MOVE! helped you?

“I have far exceeded my initial goals. I started hoping to lose 10-15 pounds. I have lost 45 pounds. My waist size has gone from 37 to 33 inches.

“I have also experienced major changes in my health. I’m no longer considering knee replacement surgery. I am off the Home Telehealth Monitoring Machine for my blood pressure and sugars. Finally, the most fantastic change is that Dr. Abbott has taken me off of insulin. No more needles!!

“My life has changed on a few levels. Instead of feeling okay, I can honestly say I feel really great. I am appreciating and enjoying my days more now and feel energized. I now love the way I feel!”