



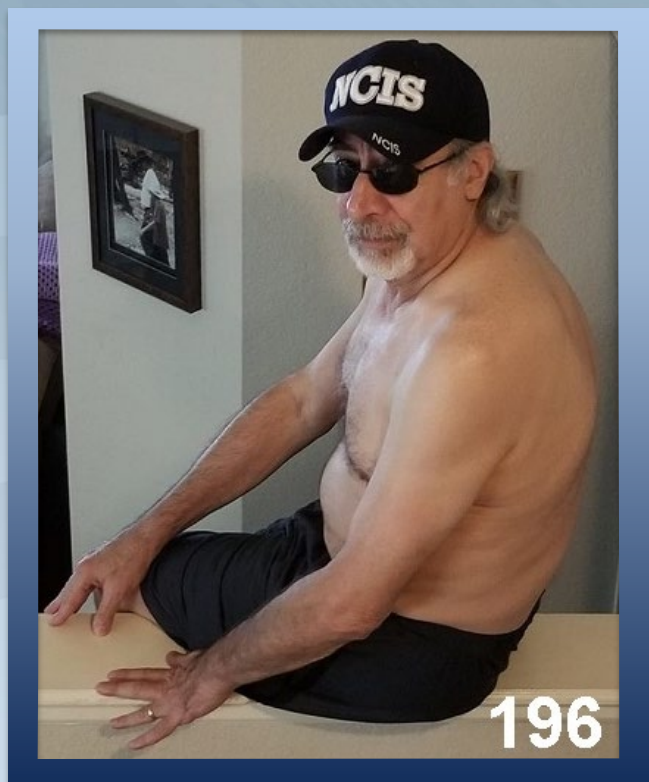
Success Stories

Healthy Living Matters. Prevention Works.

He Who Didn't Hesitate, Lost — 25 Pounds, That Is!

VETERAN RALPH DESTEFANO HAD TRIED SEVERAL TIMES TO LOSE WEIGHT ON HIS OWN—WITHOUT SUCCESS.

Frustrated, Ralph turned to MOVE! for help. With the guidance of his VA MOVE! team in San Antonio, Texas, Ralph dove in. He cruised past his goal weight in just 9 weeks... and he's going for more!



What motivated you to try MOVE!?

"I had struggled with my weight and pre-onset diabetes as far back as I can remember, getting worse since I retired to Texas in 2008. My heaviest weight was 245 pounds. My A1c was at 7.4, and I was on a daily regimen of metformin.

"Nothing seemed to work. I realized if I didn't get help, I would eventually be taking insulin and suffer from full-blown diabetes.

"I shared my concern with my mental health specialist. Seeing how frustrated I was in not being able to lose weight on my own, she suggested the MOVE! Program."

How was your MOVE! experience?

"As soon as I started the group sessions with my MOVE! coordinator Cristina Elizondo, I knew I found the right place. Cristina created an atmosphere of both respect and dignity to all who attend her class. She presents the material not as a lecturer but as one who engages with the class for our input.

"Within the first week, I started losing weight using the tools she taught me. As the weeks went on, I learned how to shop for food in a healthier way, what foods I should stay away from, [and about] starting an exercise regimen and actually sticking with it."

Will you share your achievements?

"Nine weeks into the class, I met my original goal of 200 pounds. My weight dropped from 221 to 196, my A1c from 7.4 to 5.8. I am steadily losing weight on my way to my new goal of 180 before the end of the year."

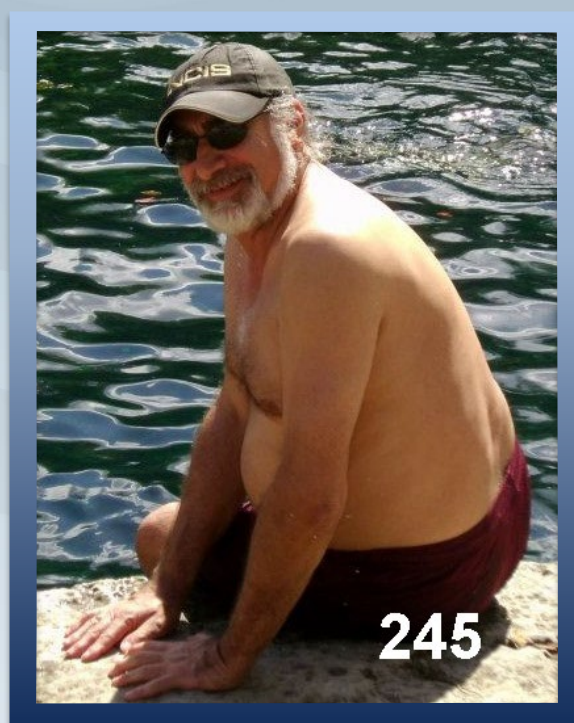
What changes did you make? How else has your life changed?

"I take notice of what I eat and choose the healthier alternatives. I exercise four times a day. I also get between 6000 and 10,000 steps in a day.

"My life has improved in so many ways. I have more energy. I no longer take metformin to control my diabetes. And purchasing clothes two sizes smaller gives me a feeling of accomplishment I haven't felt in a decade."

“ “[Don’t] be hesitant—
this program works,
and you will feel so
much better!”

– Ralph DeStefano



What would you like to tell other Veterans about MOVE!?

"Take that first step and enroll, you won't regret it. The support from both your coordinator and fellow Veterans will blow you away."