



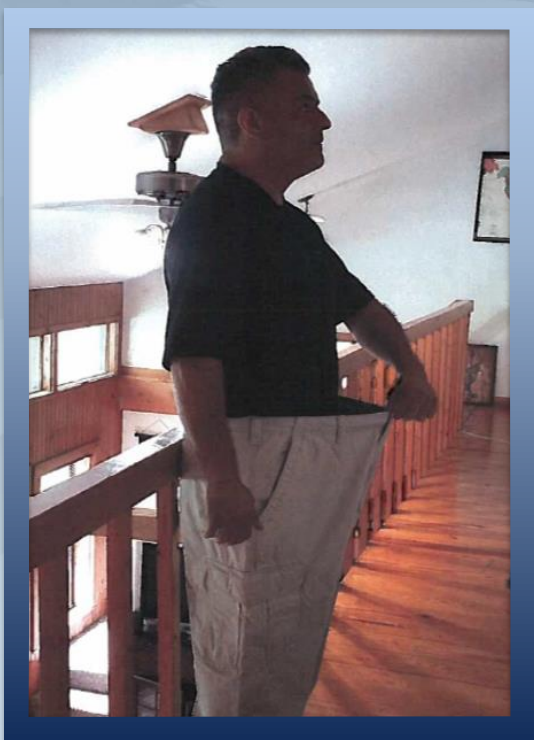
Success Stories

Healthy Living Matters. Prevention Works.

Making the MOVE! Together

AFTER A DIAGNOSIS OF TYPE 2 DIABETES, VETERAN RENE RENDON LOOKED TO HIS WIFE FOR MUCH-NEEDED SUPPORT.

Then Rene joined MOVE!, and the couple decided to make the trek together. Now Rene has lost nearly 70 pounds. That's double his original weight-loss goal!



What motivated you to choose MOVE!?

"On February 27, 2017, I was told that I had type 2 diabetes. Even though we should have seen the signs, my wife and I were shocked. At that point, I weighed 255 pounds; I had tried exercising and modifying my diet without much success.

"The VA scheduled a meeting with the diabetic clinic and the MOVE! Coordinator, Angie Thomas. That really motivated me to do whatever it took."

What happened when you started MOVE!?

"We took all of the good information and suggestions to heart. I changed my eating habits and started exercising on a regular basis. It seemed a little overwhelming at first, but the daily TeleMOVE! lesson and weigh-in motivated me to stay on track.

"I began to see results right away, with 11 pounds lost the first month. My original goal was to get down to 220 pounds. However, as the summer progressed, I soon dropped even below that. Angie was so supportive and excited for me and helped me set some new goals."

Who has helped you during your MOVE! journey?

"The VA, especially Angie Thomas, and my family were all very supportive.

"In particular, my wife helped by also changing her diet. If you wonder why I keep referring to 'we,' it is because my wife is so supportive that, from the beginning, she made all the changes with me."

"The changes have become part of our lives. I don't feel like I am missing out on anything. Bottom line: MOVE! works!"

– Rene Rendon

What have you accomplished through MOVE!?

"I am happy to say I have lost 67 pounds. I'm now at 188 pounds, just a few pounds away from my new goal of 185. I have lost over 6 inches off my waist, and my A1c level has dropped from 10.9 to 5.3. I feel better, have more energy, and less pain in my joints.

"I know that the challenge is not over, as keeping the weight off will be at least as difficult as taking it off. But I have confidence that with all of the support I am getting, I can do it. I have continued with healthy eating habits and my workout routine for 8 months.

"Making the needed changes seemed difficult, but now the changes have become part of our lives, and I don't feel like I am missing out on anything. Bottom line: MOVE! works!"