



Success Stories

Healthy Living Matters. Prevention Works.

Racing Around the World and Reaping the Benefit!

FROM IOWA TO SPAIN, VETERAN RICHARD REUTER KEPT IN HOT PURSUIT OF HIS WEIGHT LOSS AND HEALTHY LIVING GOALS.

With the help and encouragement of the Iowa City VA Health Care System MOVE! team, Richard took charge of his weight loss plan and changed his life.



A Difficult Time

Before entering the MOVE! program, Richard found himself struggling to maintain the healthy lifestyle he wanted. "I was having a difficult time," he recalls, "putting on weight... [my] body ached and bothered me all the time. None of my clothes fit." According to Richard, "when I started out, there wasn't enough exercise to even document."

Building a Plan Together

Richard credits the MOVE! team with providing him the tools and guidance to take control of his weight and health. For Richard, “things started to improve with my team’s motivation and ideas. They each seemed to take a personal interest.” That personal connection even helped motivate Richard to maintain his healthy habits throughout this year’s quarantine period!

MOVE! Around the World With Technology

As part of Richard’s journey with MOVE!, he made use of a map-based race app to help track his walking against other users. Even while on vacation in Spain, Richard’s competitive drive kept him active: “[When] we stopped for lunch... I didn’t. I walked around the restaurant to catch up [to my rival].”

A Major Change

With the help of the Iowa City VA MOVE! team, Richard has lost 45 pounds so far and increased his daily exercise regimen to 20,000 steps. He plans on losing even more and praises his team for their support. For Richard, “my PCP, Mary Deutmeyer, and my care team... saved my life.”

“It was hard getting up in the mornings. Now you see me smiling and doing laps around the house. No pain and feeling good.”

– Richard Reuter

