



Success Stories

Healthy Living Matters. Prevention Works.

MOVE! Became Her Lifeline

CONCERNS ABOUT THE RISK OF DIABETES AND HEART PROBLEMS LED VETERAN STEPHANIE WALSH TO FIND THE LIFELINE SHE NEEDED TO MAKE A CHANGE.

With the help of the team at the Northport, NY, VA Medical Center, Stephanie learned how to eat wisely, lose weight and maintain a healthy lifestyle.



Rising From A Low Point

Stephanie said she started the MOVE! Weight Management Program for Veterans at a low point in her life. She weighed 306 pounds, was depressed, worried about the risk of diabetes and heart conditions, and was ashamed to ask for help. Her VA primary care doctor gave her a lifeline by introducing her to MOVE!. "Once there, I met the angel of my healthy lifestyle goals." This angel was MOVE! Coordinator Lisa Angadi who guided her through the program. "She had an open-door policy if I ever needed to reach out for support. Every pound lost was met with celebration."

Learning New Ways

MOVE! wasn't Stephanie's first weight loss attempt – she had tried other programs without success. She says that the education, the people and the support from other Veterans makes MOVE! different from other weight-loss programs.

"Every class really was life-altering by the facts that I learned about how to shop for nutritious foods and live a healthy life."

Her Motivation

Stephanie struggled with her weight since 2016. Looking at the scale and seeing the numbers rise motivated her to get help. She also wanted to reduce her risk for diabetes and heart disease, and better manage her back problems, so she decided to give MOVE! a try.

A Better Life and Great Support

Stephanie has lost 62 pounds and continues to participate in MOVE!. She says, "My life has improved by being able to physically move better, with less back and joint pain." In addition to MOVE! dietitian, Lisa Angadi, who Stephanie describes as an "all-star cheerleader and mentor," her husband Sean helps her eat healthy food and exercise at home.

**“ The MOVE!
program does work
if you apply the
lessons they teach.
It's worth it. ”**

– Stephanie Walsh

