



Success Stories

Healthy Living Matters. Prevention Works.

Making the Most of the “Doing”

VETERAN TOM ROBERTS TOOK ACTION TO ACHIEVE BETTER HEALTH WITH MOVE!

Tom worked with the MOVE! team at the VA Sioux Falls Health Care System in Dakota Dunes, SD, to learn and adopt new healthy lifestyle habits and improve his health.



A Strong Beginning

Before joining the MOVE! Weight Management Program for Veterans, Tom struggled with his weight for many years. Though he describes himself as an active child, for most of this life he found himself gaining weight. Tom was always conscious of the effect his weight had on his health, but as years passed and he developed diabetes he became more concerned. In July 2018, he decided to make a change and followed his provider's recommendation to begin participating in MOVE!.

Working Together

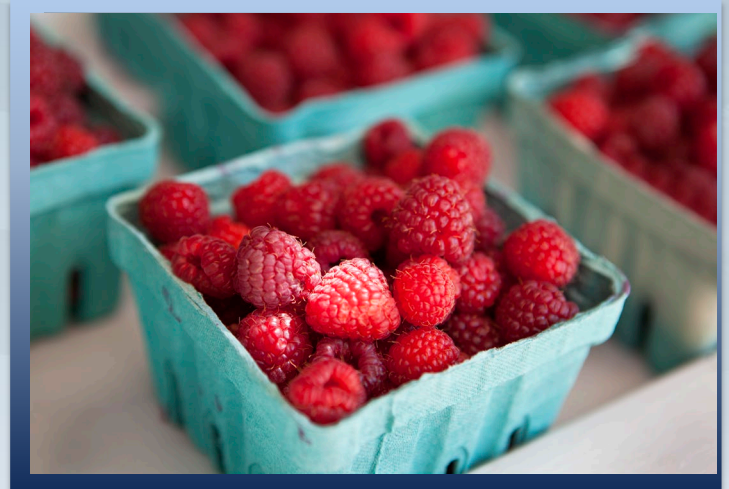
Tom began by attending MOVE! group sessions in person, which he recalls as a great resource for several reasons. In addition to the lessons and strategies to build a healthier lifestyle that he learned from his MOVE! team, Tom also enjoyed the social aspect of the group sessions. For Tom, interacting with other Veterans on the same mission helped challenge and motivate him to continue working toward his goals. When the COVID-19 pandemic shifted Tom's meetings to an individual telephone setting, he remained committed and pressed forward on his journey.

Applying the Method

Tom began to learn healthy habits to better manage his weight and health. In addition to being more mindful of the foods and beverages he consumed, Tom resolved to improve his portion control too. He also became more active. Today, Tom exercises regularly by walking and attending chair yoga classes at his local senior center. Since joining MOVE!, he has lost nearly 60 pounds, and continues to strive for further progress!

“Other weight loss programs are a ‘diet.’ MOVE! is participant friendly, and centered more on ‘doing.’”

– Tom Roberts



Reaping the Reward

More than just the number on the scale, Tom relishes the health benefits he has seen as a result of his new lifestyle. He no longer needs to take insulin, other medications have been adjusted to lower levels and he has maintained healthier blood sugar levels.