February 2016

MOVE!® Weight Management Program for Veterans

Success Stories

Healthy Living Matters. Prevention Works.

66, But Feels Like 50

VETERAN GILBERT HALL DISCUSSES HOW MOVE!® HELPED HIM FEEL YOUNGER, HEALTHIER, AND BETTER, WHILE HAVING LOTS OF FUN

Gilbert didn't care about his weight for a long time—until he was told that he was overweight and had diabetes. He knew he needed to do something, so he tried a number of programs to lose weight. Unfortunately, he wasn't able to stick to them. Then he heard about the MOVE! Program through the VA and gave it a try. At first following the program was hard, but soon he got used to it. Later, it actually became fun.

Why did you do MOVE!?

"Well, I had a big waistline—42 inches—and my A1C was high. I joined because I needed to get that number and my weight down, and get my diabetes under control."

What happened when you started MOVE!?

"I joined the MOVE! Program at the Viera (FL) OPC, and started walking and reading food labels. Much to my surprise, I started losing weight. After the first month, I lost 5 pounds!"

VA
U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention

What lifestyle changes did you make?

"I quit smoking and started watching what I ate. I counted calories, stopped snacking at night, and stopped eating high-calorie and fried foods. Now I eat a lot of fruits and vegetables.

I started exercising and it got to be fun. Now, I stay moving all the time. I walk 5 miles in the morning and do other activities at night. I've got two grandkids—ages 4 and 10—and they keep me on the go, too."

> **"The classes were 'off-the-chain' fun… If you put it all together, the program works."**
>
> **– Gilbert Hall**

What was most helpful in losing weight?

"MOVE! showed me that what you eat can help you if it's good…and hurt you if it's bad. If you put it all together, the program works."

Who helped you stay on track?

"VA staff like Chris and Lisa really helped. The classes were a lot of work, but they made them 'off-the-chain' fun."

What was your biggest obstacle to success?

"Just getting started was the hardest thing. After that, I was on my way to a better, healthier life."

How did MOVE! support you?

"They kept me in a good frame of mind, answered all my questions, and gave me support when I needed it most."

How has losing weight changed your life?

"I'm 66 years old, but I feel like I'm 50. I look better, feel better, and I enjoy life much more than I used to. I plan to keep on doing what I've learned through MOVE! to keep losing weight."

Would you recommend MOVE! to others?

"Yes! It works, just look at me. I've gone from around 240 pounds to 196, and I'm still losing weight!"