



Success Stories

Healthy Living Matters. Prevention Works.

A Secret Weapon for Weight Management

AIR FORCE VETERAN JOHN HICKMAN JR FOUND THE WINNING COMBINATION OF MOVE! AND YOGA HELPED HIM MEET HIS WEIGHT LOSS GOALS.

When Dr. Tingler and Dr. Baker from the Salem VA Medical Center suggested MOVE!, John started his MOVE! journey and ended his 10-year weight loss struggle.



His Future Looked Bleak

Veteran John Hickman had a long history of medical challenges that affected his ability to lose weight. He was diagnosed with myasthenia gravis, and had a heart attack and three episodes of congestive heart failure as his weight climbed from 170 to nearly 250 pounds. He recalls his wife being told that due to his effects of his weight and myasthenia gravis on his breathing he could "go to sleep and not wake up." He asked for help and was referred to the MOVE! Weight Management Program for Veterans.

Secret Weapon Revealed

"The MOVE! team taught me proper nutrition and exercise. The first day of class the MOVE! Coordinator, Brooke Ward, showed us a video of a disabled Veteran doing yoga. My wife and I went home, researched it and purchased the yoga DVD's and did yoga for 3 weeks. I lost almost 8 pounds. I kept it a secret! At the end of the month I met with Brooke and showed her my results to surprise her. After that I did yoga for another 8 weeks, lost over 20 pounds, and I LOVE it!"

“Life is more enjoyable, it is easier to do things, my attitude has changed, and I am a lot happier.”

– John Hickman, Jr.

Keeping It Going

John is determined to keep working on his health by exercising and having a 'never quit' attitude. He plans to continue doing the things he enjoys: Diamond Dallas Page yoga, weightlifting, riding an exercise bike, walking, and horseback riding. He says that the support of his wife, the MOVE! team, especially Mary Hickman and Brooke Ward, plus the yoga DVDs, helped him reach his goals.

