

Oh, Yeah!:

VETERAN RONALD DESPAIN DISCUSSES HOW MOVE![®] HELPED HIM REDUCE HIS A1C AND GET HEALTHY

What prompted you to start the MOVE! Program?

"I hadn't done a weight-loss program in years. My A1c was at 6.8%, and I had diabetes."

Where did you do MOVE!?

"I joined the program at the Viera OPC of the Orlando VAMC."

What lifestyle changes did you make?

"I cut my portions in half, and started keeping a food diary, which worked the best for me. I also started doing pool aerobics for exercise. When I eat, I give my body time to feel full, and when I'm feeling hungry, I try to distract myself."

How did MOVE! help you?

"It gave me camaraderie, accountability, a schedule, regular weight checks, and helpful content. After 6 months, my A1c was down to 5.6%!"

What were your biggest obstacles?

"I was concerned about exercise injuries. And as I lost weight, I found the metabolism changes to be scary."

Who supported you in your weight loss?

"My wife cooked better food for me, and VA staff provided positive reinforcement."

Have you achieved your weight-loss goal?

"I have 50 more pounds to go."

Would you recommend MOVE! to other Veterans?

"Oh, yeah!"

