

On The Path To Success: VETERAN STEWART KREVOLIN DISCUSSES HOW “THE BEST PROGRAM IN VA” HAS HELPED HIM

Describe your history of weight loss.

“I’ve been struggling with my weight since 1968! And over the years, I’ve tried a number of programs, including WeightWatchers[®], Nutrisystem[®], and Overeaters Anonymous[®].”

What got you motivated to start MOVE![®]?

“I had a lot of health concerns. I was suffering from diabetes, hypertension, fatty liver disease, spinal stenosis, coronary artery disease, narcolepsy, and sleep apnea.”

How did you find out about MOVE![®]?

“It was through staff at the Philadelphia VAMC. Both my primary care physician and diabetes educator recommended the program.”



Which aspects of MOVE![®] were most valuable to you?

“The initial group lecture and individual counseling sessions were really helpful, as was the coaching. And I got as many follow-up sessions as I needed to keep me on track. The program was ideal because it’s individualized: everything was tailored to my needs and my goals—it wasn’t ‘one size fits all’.”

What kind of progress have you made with MOVE![®]?

“I started on my journey to a healthy life in 2008 and so far I’ve lost 100 pounds! My waist was 52 inches, now it’s 36. I’ve met my goals and I’m so satisfied. I’m now able to play with my grandchildren and participate in more chores around the house— I’m more physically active. And I’ve been able to reduce all of my medications.”

How long have you maintained this weight loss?

“I’ve kept it off since October 2012.”



How's your life different now?

“Initially, I was very resistant to change. But my dedicated MOVE!® dietitians Kelly Nowak and Sahima Raul helped me through a lot of ups, downs, and stagnant periods. Now, I practice meditation and I’m mindful of what I eat and do. I stick to the healthy plate guidance—I watch my portions, plan my day, and track all of my calories, carbs, and fats. I walk at the local mall and swim with my peers, which keeps me motivated. From my trials and tribulations, I’ve learned how to keep on the path to success.”

What advice would you give other Veterans who are considering MOVE!®?

“They need to take advantage of the best program in VA. It’s there, so use it! And then spread the word!”