

## Winning:

### VETERAN ROGER SCOTT DISCUSSES HOW MOVE!<sup>®</sup> AND TELEMOVE! HELPED HIM FIND “A BETTER WAY TO LIVE”

“My daughter had been after me for several years to lose some weight. Back when she was younger and living at home, my weight ranged from 210 to 215 pounds, and I was at the gym 5 or 6 days a week and playing a lot of racquetball. But my average weight had been running between 365 and 370 pounds for many years and I was now 66 years old.

After moving to Florida to be with my daughter, I had my initial appointment with Dr. Escarria at the West Palm Beach VAMC, just before Christmas 2010. I weighed in at 370, and after my checkup, he asked if I was interested in meeting with a dietitian. He also told me that VA had a weight management program called MOVE!<sup>®</sup>, then gave me some materials to read.



In January 2011, I met with dietitian Marie Etienne, the facility MOVE!<sup>®</sup> Coordinator. It was an important first meeting for me because I was unsure about whether or not to join the program. She asked what I typically ate each day for meals and snacks, and about my beverage intake. Long story short, my diet wasn't terrible, but I was doing almost everything incorrectly! I wasn't eating breakfast or lunch on a regular basis and when I did, the meals were generally from McDonalds. She said my dinners were okay, but my alcohol consumption was over the top. When she asked if I was ready to make a change and join MOVE!<sup>®</sup>, I said I was.

I found the 2-hour MOVE!<sup>®</sup> group meetings to be very informative, and I went once a week for 7 weeks. Each meeting included 1 hour with a specialist—like a pharmacist, chef, or psychologist—and 1 hour with a dietician. I liked that the program took the time to explain how and why your diet affects you and your lifestyle. And I got results—I believe the program helped me lose 33 pounds!

After I completed the group MOVE!<sup>®</sup> meetings, I met with TeleMOVE! Coordinator Maria Michaux. She explained this program and how it is an extension of MOVE!<sup>®</sup>.

With TeleMOVE!, a pedometer, my daughter's support, and Maria's nudging, I've reached my goal and achieved a total weight loss of 108 pounds!



Between the two programs, I've learned a better way to live my life. I'm now back in the gym almost daily, mostly on the treadmill and doing strength training. I swim in the pool for half an hour almost every day. I eat three good meals each day, track what I eat, try to keep my diet balanced, and set incremental goals. I've also achieved a lot in terms of my health. I'm completely off diabetes and blood pressure medications, and I'm down from two 40-mg cholesterol pills to one 10-mg pill each day. And my body fat has greatly decreased.

The upside of my weight loss? I feel great and my family is happy for me and proud of what I've accomplished. The downside? I have already gone through three different clothing sizes, from a size 62 to a 48! But really, that's not that bad a situation to be in. Today, I weigh 264 pounds and I'm working towards my next goal of 250.

I have one simple message for other Veterans who are interested in better managing their weight and health: join the MOVE!® and TeleMOVE! programs and win for yourself!”