Success Stories
Healthy Living Matters. Prevention Works.

Fighting for Better Health

VETERAN ANTONIO MENDEZ COMMITTED HIMSELF TO TAKING CONTROL OF HIS LIFESTYLE AND ACHIEVING A HEALTHY WEIGHT

With the help of the MOVE! team at the VA North Texas Health Care System in Dallas, TX, Antonio made the necessary changes to turn his health around and find success.

A Need to Change

Antonio was admitted to his VA emergency department in December 2020 when he felt numbness in both legs. In addition to being diagnosed with COVID-19, Antonio was informed that he had also suffered an injury to his spinal cord that would require surgery. To ensure the greatest success with this surgery, Antonio's provider recommended that he lose weight first. This provider introduced him to the MOVE! Weight Management Program for Veterans and Antonio saw MOVE! as a chance to take charge of his health and walk again.

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A Fresh Start

When Antonio started MOVE! in August 2021, he knew that he would need to develop healthier eating habits. MOVE! empowered him to be more mindful of the food and drink he consumed as well as his portion sizes. "My sister-in-law, Yvonne, helped me by moderating my calorie intake," Antonio explains, and he began to incorporate healthier foods into his meals and regulate his meal times.

Finding His Motivation

For Antonio, the routine of tracking his progress with his MOVE! team helped him stay focused on his overall goal. Once he began to see the positive effects of his new habits, he was inspired to continue working to achieve even more success.

A Continued Effort

Since starting MOVE!, Antonio has lost over 100 pounds and 10 inches from his waistline. His mobility has increased and he enjoys not feeling as big as he used to. While Antonio was able to meet his original goal using the tools and strategies he learned with MOVE!, he's not planning on stopping there! His new goal is to lose another 50 pounds.

> " **The MOVE! program can be a success [for you] if you apply yourself... and put your mind to it!"**
>
> **– Antonio Mendez**

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