



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Focused and following the program...*

*STRUGGLING WITH WEIGHT SINCE AGE 13, BILLIE JO BLASDEL FINALLY FOUND WHAT SHE NEEDED TO ACHIEVE WEIGHT LOSS SUCCESS.*

With the support of other Veterans and her Milwaukee VA MOVE! team, Billie Jo was able to lose more than 50 pounds and has a plan for keeping the weight off.



## *Have you tried to lose weight in the past?*

Billie Jo explains that she has been dieting her whole life with lots of ups and downs along the way. She shares that it feels like she has been working on managing her weight every day since she was 13 years old trying "every program you can think of."

### *Glad for the suggestion of MOVE!*

“Before MOVE! my highest weight was 220 pounds. My primary [care provider] suggested [MOVE!] and I am glad she did.” This led to Bille Jo participating in MOVE! group sessions for six months.

### *What are some of the highlights of your MOVE! experience?*

Billie Jo appreciated the moral and emotional support she received from the staff and the group. She enjoyed the part of her MOVE! groups that focused on recipe and meal planning to create a healthier grocery list and healthier and tastier meals. Her family has also helped by providing healthier foods at gatherings.

### *How has MOVE! changed your life?*

Billie Jo shares that she is “just doing it” and that it is second nature now to be physically active. She is currently active in some way every day and says she has so much more energy that she can “go all day versus pooping out at 3 or 4 pm.” She has been spending more time overall being active, whether it is more walking during her daily routine, or going to the gym at 5 am for a planned workout. Some of her medications have been decreased too, which is another important outcome.

“ I will follow the guidelines for the rest of my life.”

– Billie Jo Blasdel



*“Listen and ask your questions”*

Her advice for other Veterans in MOVE! is simply, “Listen and ask your questions.”