



Success Stories

Healthy Living Matters. Prevention Works.

Changing the Game by Changing her Lifestyle

VETERAN BOBBI HARE SAYS TRACKING FOOD AND DRINK WAS THE GAME CHANGER THAT LED TO HER SUCCESS

With the support of the MOVE! team at the VA Central Iowa Healthcare System Bobbi learned helpful strategies for weight management and a healthy lifestyle.



Ready for Change

"I have been overweight since I was 17 or 18 years old," Bobbi shares, but after giving birth to her youngest child she encountered greater difficulty in managing her weight. "I tried multiple workouts, online weight loss programs, fad diets, and supplements...everything except making a lifestyle change." After a conversation with her primary care provider, and "tired of being overweight," Bobbi decided to take charge of her health and her weight. To help her with this, she looked to the MOVE! Weight Management Program for Veterans.

Recommitting to MOVE!

Bobbi first started MOVE! in 2016, and while she encountered some setbacks along her journey, she remained focused on her goal of managing her weight and improving her health. Early on, Bobbi had a “hard time making lifestyle changes,” but by 2020, a change in mindset empowered her to create lasting results.

A Change in Perspective

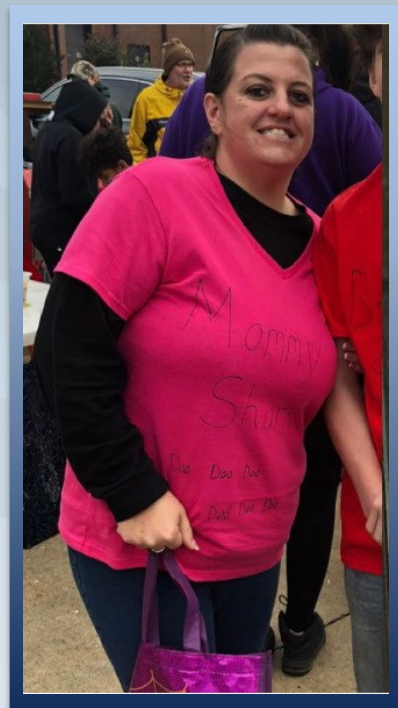
For Bobbi, changing her outlook on weight management proved to be key to reaching her goals. In contrast to the diets and programs she had tried in the past, she felt that MOVE! emphasized a balanced lifestyle including eating wisely and being more physically active. Bobbi felt supported by her MOVE! team and explains that the healthy eating strategies she developed were central to her success. She thanks team members Sonja Griffin and Kylie Harmison in particular for helping her feel empowered to create and maintain a healthy lifestyle.

Marking Her Progress

Since joining MOVE!, Bobbi has lost over 50 pounds. She feels stronger, more confident, and best of all, feels “I am a better mom because I can take better care of my kids.”

“It’s nice to surround myself with people who want what is best for me.”

– Bobbi Hare



Sticking With It

Bobbi realized it was “okay to focus on moderation and better choices.” She has added the healthy habits of being mindful, measuring portion sizes and recording food and beverage intake. She also stays physically active by working out at home and at a local gym.