



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Accountability and Willingness to Change were Key***

***VETERAN CHRISTY BLAUM TURNED TO FRIENDS AND SUPPORTIVE OTHERS TO ACHIEVE HER WEIGHT LOSS SUCCESS.***

She lost more than 30 pounds with MOVE! Coach and Group Sessions at the Alaska VA Healthcare System.



## ***Surgeries, struggles and success***

Over ten years and after several surgeries, Christy began to experience challenges with her weight. Feeling motivated by a friend and family member, Christy decided to look into the MOVE! Weight Management Program for Veterans after hearing about it from her healthcare team. She participated two times and tells us of her success in this story. Christy says, "The MOVE! Program is a great tool for weight loss. It has men and women just like you that are in the same place and want to reach the same goal of weight loss. I have met many people in the MOVE! program who have inspired me."

## ***Making the most of tools and supports***

Christy started MOVE! in March 2019, using the MOVE! Coach mobile app and participating in group sessions. She credits the tools and accountability provided by the MOVE! team, as well as the support and encouragement of her family and friends with helping her reach her goals. "I still use the MOVE! Coach app to track all my calories and keep me on track daily. That makes me more aware of my actions. I also value the friendships I have made throughout this program."

## ***New, healthy cravings***

In addition to losing 34 pounds at the time of this story, Christy realized that willingness to change her lifestyle habits was key to her success. She enthusiastically shared, "My body feels better without all the extra pounds. My eating habits have changed. I eat less and I totally crave more veggies! I just feel better!"

## ***Committed to change***

"I needed to change to become healthier, and committed to a lifestyle change. I encourage others to give MOVE! a try."

**“ Being willing to change your lifestyle habits is the key to success.”**

**– Christy Blaum**

