



# Success Stories

Healthy Living Matters. Prevention Works.

## *Taking Control With MOVE!*

*AT 363 POUNDS, VETERAN JAMES DIDIER KNEW HE NEEDED TO MAKE A CHANGE. HIS DOCTOR SUGGESTED HE TRY THE MOVE! PROGRAM AT THE VA CLINIC IN PLANO, TX.*

A career of dining with customers and at fast food restaurants resulted in James losing control of his weight and the onset of type 2 diabetes.



## *108 Pounds and Counting*

James Didier had tried to lose weight on his own, but without success. He chose to join the 16-week MOVE! program to help him address not only his diabetes, but other health concerns, too. Participating in MOVE!, he learned that weight loss meant eating and drinking fewer calories and exercising more. His MOVE! team emphasized that successful behaviors included tracking his daily calories and reading food labels to make healthier food choices. He's lost 108 pounds and is working to lose more. "I have eliminated some medications and quite possibly reversed my type 2 diabetes situation!"

### *A Group of his Peers*

James says his MOVE! group was made up of Vietnam Veterans of similar age, who had a wide-range of health issues and were always eager to contribute. During the class he received recipes, shopping suggestions, handouts and a booklet that he says offered extremely valuable information. "For me, I rely on the tips Veterans in my group were using that were successful for them, like eating more vegetables and less high-calorie foods."

### *Getting Peace of Mind*

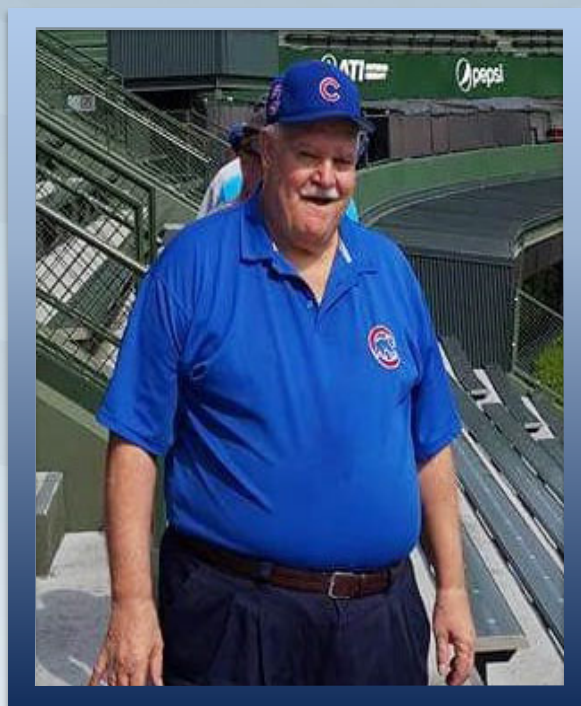
Since he started MOVE! James has eliminated some of his medications and reduced others. This has given him both peace of mind and more energy to do things. "I wanted to get healthier to deal with health issues around my diabetes and be able to do more things with my adult daughter and son."

### *Food That Tastes Good, Too*

James has learned that healthy food that is good for you can taste good, too! "I love tomato and onion salads! I've learned new ways to make healthy foods taste good and I remember to track and stick to my calorie goal."

“ It's life changing and a great support group, not only for weight loss, but also other health issues and life experiences.”

– James Didier



### *Not Planning to Stop*

James plans to attend MOVE! follow-up sessions and to continue to be physically active by working out. He has also noticed other benefits and says "I am more motivated to get out and be social, including more time spent with my kids."