



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *A Journey of Continued Success*

*ATTENDING MOVE! GROUP SESSIONS AND USING TELEM MOVE! HELPED VETERAN JUDSON CARTER ACHIEVE AND MAINTAIN HIS WEIGHT LOSS GOALS.*

With guidance and encouragement from the MOVE! teams at the Detroit, MI, VAMC and the VA Ann Arbor Healthcare System, Judson “beat diabetes” and has been medication-free for five years!



## *Stay the Course*

Judson explains that he struggled with his weight and his “poor nutritional consumption” for 35 years. “I started my MOVE! journey working with Joann Naumoff, RD at the Detroit, MI, VAMC. As a mental health patient, I was in an outpatient program where I learned about MOVE!” It was the first program where he felt comfortable and motivated to join.

After attending the Detroit MOVE! Group sessions, Judson went on to complete his weight loss journey at the VA Ann Arbor Healthcare System. He says, “The TeleMOVE! Program in Ann Arbor helped me stay accountable and I continued on to obtain my weight loss goal.”

### *Who Helped You Stay on Track?*

“Detroit VAMC dietitian Joann Naumoff was my greatest inspiration. She taught me the value of reading nutrition fact labels and monitoring portion sizes.” Judson also credits the Ann Arbor TeleMOVE! team for helping him remain accountable to maintain his positive lifestyle changes.

### *How is Life Different Now?*

“I used to be short-winded just tying my shoe laces. Now I am very active.” Judson reports that he has changed his eating habits. “Now I eat very little gluten, more non-starchy vegetables and a lot of Lebanese cuisine. I do allow myself an occasional serving of ice cream.”

### *Positive Results Achieved*

When he shared this story, Judson had maintained a 92-pound weight loss for more than 4 years! He had lost 15 inches around his waist and states “I beat diabetes” after having it for five years. Now, he’s “diabetes-free” and no longer requires medication.

“It is up to you to begin and stick with lifestyle changes.”

– Judson Carter

### *Message To Other Veterans*

“I was able to follow the nutritional teachings and I no longer have diabetes. I have been without diabetes for 5 years. All it took was a lifestyle change in nutrition and conservative exercise. At 62, I have not felt this great since after USMC bootcamp at Marine Corps Recruit Depot! MOVE! is the best resource available! I recommend this program to all Veterans who struggle with weight issues. MOVE! provided me with the information. It is up to you to begin and stick with the lifestyle changes.”