



# Success Stories

Healthy Living Matters. Prevention Works.

## *With MOVE! She Thrived*

*VETERAN LINDA PRICE HAD TRIED MANY OTHER WEIGHT LOSS PROGRAMS, BUT ONLY MET SUCCESS THROUGH MOVE!.*

Communication with the MOVE! team at VA Central Iowa Health Care System helped Linda stick to her weight loss program and lose 108 pounds.



## *A Long-Time Battle*

Linda battled with her weight for many years. "I tried every weight loss program you can think of, but with no success." Her husband and her VA pharmacist encouraged her to enroll in the MOVE! Weight Management Program for Veterans. She said that with MOVE! she quickly began to "thrive" thanks to communication with her dietitian. Linda's sessions focused on calorie awareness, managing cravings, the importance of physical activity and nutrition education to promote overall health, and maintaining weight loss. It worked!

### *Success Through Small Steps*

The tool that really helped, according to Linda, was short-term goal setting which allowed her to achieve her long-term success. She said that she understood that small steps must be taken to achieve sustainable weight loss.

“It doesn’t matter if you have 10 pounds to lose or 100; the MOVE! Program is a great resource for improving your life,” Linda said.

### *Open Communication*

Another key to Linda’s success was the communication she had with her MOVE! dietitian. Linda said that communication was crucial to achieving her goals and holding herself accountable.

“The accountability and support from the team was the best aspect; they always provided me with new ideas on how I could continue to make healthy lifestyle changes whenever I reached a plateau,” said Linda.

### *She Kept At It*

Linda also got active. She said that at the beginning of her journey she could only manage to walk 500 steps per day before shortness of breath and knee pain made it hard to continue. She kept at it, though, and now walks more than 4,000 steps per day at least three times a week.

“ I can now walk a mile without having trouble breathing or my body hurting.”

– Linda Price



### *Not Quitting*

Since starting her weight-loss journey in January of 2018, Linda has lost 108 pounds, or 35 percent of her body weight, but Linda isn’t quitting. She continues to work hard each day to reach her final goal.