



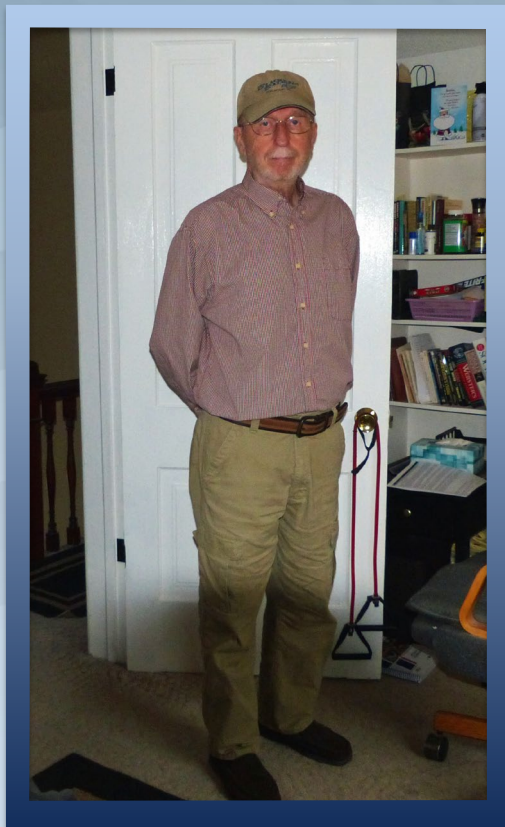
Success Stories

Healthy Living Matters. Prevention Works.

Moving in the Right Direction with MOVE!

VETERAN MICHAEL MEYER QUICKLY EXCEEDED HIS WEIGHT LOSS GOAL GIVING HIM THE MOMENTUM TO CONTINUE THE PROGRAM AND SUSTAIN HIS WEIGHT LOSS EFFORTS.

Daily encouragement along with diet and exercise tips from the MOVE! team at the Battle Creek, MI, VA Medical Center helped Michael exceed his weight loss goals.



Weight loss struggles

Michael had a history of being overweight for much of his adult life including the last 30 years. In the past he had tried to lose weight on his own using dietary supplements. Although at times he lost as much as 20 pounds using supplements, he typically gained the weight back quickly, making it difficult to sustain any progress.

During an annual physical at the VA Outpatient Clinic in Muskegon, MI, Michael was encouraged to give the MOVE! Weight Management Program for Veterans a try. He was hopeful that this time it would be different and he could lose weight and keep it off!

Momentum to MOVE!

Michael enrolled in the local MOVE! program in November of 2019 and within 3 months he had exceeded his weight loss goal. Michael reports, "Once I got started and I saw the weight coming off, I set a new goal." While participating in MOVE!, Michael lost 4 inches from his waist and a total of 35 pounds (20 pounds more than his original goal)!

Secret to success

Michael attributes his weight loss success to the daily support he received from the MOVE! Program that reinforced the fundamentals of a healthy diet and exercise.

New, lasting habits and results

Michael is committed to his daily exercise routine and, since starting MOVE!, has continued to walk over 10,000 steps every day. The weight loss has also led to improvements in his health. After 10 years of experiencing acid reflux, his symptoms have completely disappeared and his blood pressure is lower too!

“The MOVE! Program will make you feel better about yourself and your own self-discipline.”

– Michael Meyer



Lifestyle change

Since completing the MOVE! Program 3 months ago, Michael has maintained his weight and continues to practice a healthy lifestyle. His recommendation to other Veterans is, "Just do it! It's free and it worked for me."