



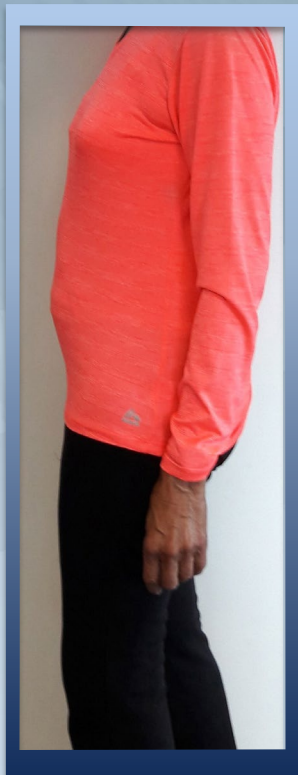
Success Stories

Healthy Living Matters. Prevention Works.

It's Never Too Late to Improve Your Health

THIS EIGHTY-YEAR-OLD VETERAN FROM DELAWARE, WHO WE WILL CALL MS. M, USED THE MOVE! COACH MOBILE APP TO ACHIEVE HER GOALS.

Ms. M used a combination of in-person MOVE! visits and features of the MOVE! Coach mobile app to develop healthier dietary and physical activity habits.



Twenty Years of Stress

Ms. M started having problems maintaining her weight in 2001 when prolonged episodes of stress and illness caused weight gain. The result was arthritis pain in her knees, hips and low back, as well as high blood pressure and sleep apnea. In May 2018, Ms. M saw flyers advertising the MOVE! Program in the VA Medical Center in Wilmington, Delaware, and stopped by the MOVE! Office to request assistance with reaching her weight loss goals.

Technology at Work

Ms. M met with Nancy Cronmiller, MOVE! dietitian, who noted she was skilled in using her smart phone. Ms. Cronmiller encouraged Ms. M to use the MOVE! Coach mobile app and Ms. M wholeheartedly embraced the technology. By combining daily use of the app with in-person MOVE! visits every two months, Ms. M reached her weight loss goal in March 2019 and is maintaining her desired weight.

Focus on Food

Ms. M started MOVE! with an established routine of physical activity and strength training but needed help to improve her diet. The MOVE! Program helped Ms. M apply diet guidelines and interpret nutrition labels to find and avoid foods with hidden salt. And her efforts led to success. Ms. M lost 10 pounds prior to using the MOVE! Coach mobile app and lost an additional 28 pounds with the app for a total weight loss of 38 pounds. Five months after completing MOVE!, she has maintained her weight loss. She has gone from a pant size 2XL to size 12 and no longer needs elastic waist bands. Ms. M's arthritis pain is greatly reduced, and her blood pressure has returned to normal without medication.

“ She shares her story, and through her success, inspires others.”

– Nancy Cronmiller,
MOVE! Dietitian

Technology Ambassador

Ms. M has become an ambassador for the MOVE! Coach mobile app, sharing her story and distributing MOVE! Coach mobile brochures to other Veterans. And at eighty years old, she proves that it's never too late to improve your weight and your health.