



Success Stories

Healthy Living Matters. Prevention Works.

Taking Control With MOVE!

VETERAN RICHARD CONAWAY TOOK ADVANTAGE OF NEW RESOURCES AND STRATEGIES TO BUILD A HEALTHIER LIFESTYLE

Richard worked with the MOVE! team at the Battle Creek VA Medical Center in Battle Creek, MI, to develop healthy habits and reach a healthy weight.



A Fresh Start

Richard had struggled to maintain a healthy weight throughout his entire life, so, in 2021, when his VA provider asked him if he had any health concerns, losing weight was top of the list. Richard's provider referred him to the MOVE! Weight Management Program for Veterans, and soon afterward, Richard decided to give MOVE! a try. Even though he had not had lasting success with other weight management programs in the past, Richard recognized that MOVE! offered a different approach.

A Thirst for Change

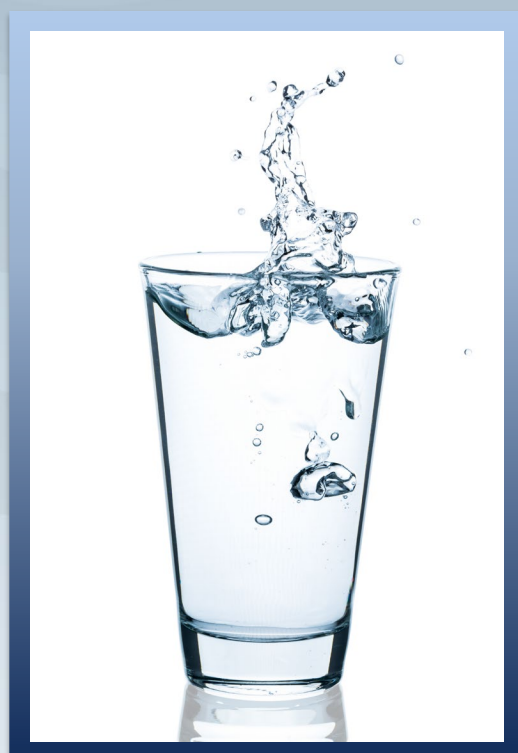
"The first thing the [MOVE!] nutritionists instructed me [to do]" was to drink roughly three liters of water every day, Richard explains. Despite the challenge of a 6,000 mile trip across the country, Richard was able to reach his weight management goals. This crucial information was just one of many strategies for building healthier meals and physical activity habits that Richard learned with MOVE! Most important, of course, was Richard's own dedication and discipline in incorporating these changes and embracing a healthier lifestyle.

Fruits of His Labor

Richard shares that thanks to his new healthy habits, he has seen marked success in his efforts to reach a healthier weight. "I have lost a total of 58 pounds and 4 inches around the waist" since starting MOVE!, he explains. More than just a matter of numbers, however, Richard also notes that his overall health has improved. "The MOVE! team helped me," Richard says, "and are still helping me today." Richard worked with VA pharmacists to find alternate medication that would not hinder his weight loss efforts, and after losing weight, he no longer needed medication for high blood pressure!

“Try the suggestions that the staff provide and you will succeed. Have an open mind.”

– Richard Conaway



Sticking With It

Richard knows that in order to maintain his success, he must continue to embrace his healthy habits. One way he does this is taking time in the early morning to power-walk. He says, "This is another way of improving my health."