



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *MOVE!'s One-on-One Approach Worked for Him*

*BY WORKING ONE-ON-ONE WITH A MOVE DIETITIAN AT THE MILWAUKEE (ZABLOCKI) VA MEDICAL CENTER, RON CUPIL WAS ABLE TO LOSE 58 POUNDS.*

Weighing 268 pounds, Ron's activity was limited to moving from the bed to the couch and then back again. Today he rarely uses his cane and is making exercise a part of his life.



### *A new approach*

In 1988 Ron took a very big step for his health - he quit smoking. Unfortunately, he then gained weight. Weight gain "was overnight - I gained so fast it scared me." He felt limited by extreme shortness of breath. His activity consisted of him moving from the bed to the couch and then back again. He also had to increase his insulin use to treat diabetes. Then his VA nurse asked if he'd like to see a dietitian through the MOVE! Program, and he agreed. He had been to MOVE! group sessions three times before and knew the group setting didn't work for him, but thought maybe one-on-one would.

### *Open and ready*

Ron said that when he met his MOVE! dietitian he was ready and open for guidance. He started reducing his portions by half at his main meal, three times a week – he liked the gentle approach to reducing portion sizes and that he wasn't held to this every day. He soon started losing weight and began logging his calories each day.

### *To the treadmill*

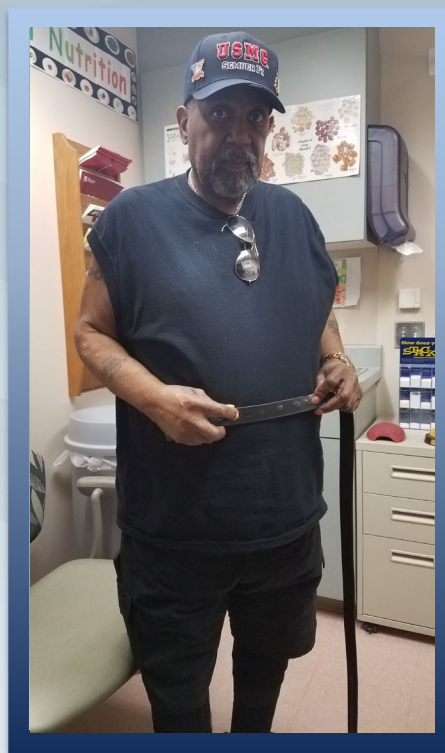
Soon after starting MOVE! Ron got on the treadmill. At first it was just 2-3 minutes at a time; two to three times a week, but he stayed at it. He even got a pedaler to use while he was watching TV. So now instead of just going from the bed to the couch and back again, Ron was back to helping out around the house, washing his own car and taking his dogs for walks. "I get around much better than I used to."

### *It kept him going*

Ron's original goal was to just lose 20 pounds. "Once I lost the first 3-4 pounds, I knew this is what I wanted to do. It's not that there weren't frustrations. I almost quit a few times, but my MOVE! dietitian's encouragement kept me going." He says now it's a habit. "I'm never gaining that weight back again - it's a lifestyle."

“ Since it worked for me, it'll work for you if you follow the recommendations. But you have to point the finger at yourself and want to do it - no one can do it for you.”

– Ron Cupil



### *At his pace*

Ron said that he felt that the one-on-one approach allowed him to make lifestyle changes at his pace. "Once I started noticing improvements in my health, it was easier."