



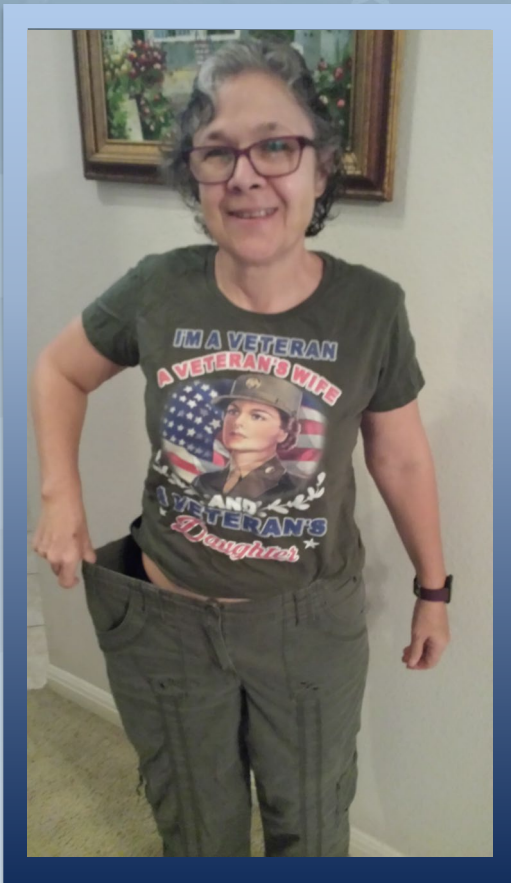
Success Stories

Healthy Living Matters. Prevention Works.

Choosing to Change

VETERAN TERESA DENTON-PRICE BUILT A NEW LIFESTYLE AND IS ENJOYING THE BENEFITS OF BETTER HEALTH

Teresa worked with the MOVE! team from the Audie L. Murphy Memorial Veteran's Hospital in San Antonio, TX, to help her eat wisely and be physically active.



A New Approach

Before joining the MOVE! Weight Management Program for Veterans in February 2020, Teresa had struggled with maintaining a healthy weight for years. Her previous efforts to lose weight never earned her lasting results and Teresa found herself unhappy with her appearance and health. When her primary care provider suggested she join MOVE!, Teresa did so with the hope of finding lasting success. "I wanted to feel healthier and more energetic," she shares.

Checking In

After joining MOVE!, Teresa quickly found that her weekly group sessions helped her stay on track. “[They] kept me accountable,” she shares, “for weight loss and food decisions through tracking.” Teresa’s decisions were grounded in the concepts she learned at these sessions, such as choosing healthier foods, planning meals in advance, and tracking her calorie intake.

Working Together

Teresa’s commitment to building a healthier lifestyle inspired her husband to change his diet and exercise routine as well. Together, the two help motivate each other to maintain their positive habits. Even more, they enjoy cooking new meals together and exploring healthy foods!

Taking Full Advantage

In addition to her positive experience with MOVE! group sessions, Teresa also valued her MOVE! veteran workbook, one-on-one nutrition counseling, and exercise classes. At home, Teresa used a smartwatch and online tracking services to simplify her weight loss journey and keep her on track.

“ [MOVE!] is a great way to stay accountable.”

– Teresa Denton-Price



Changing for the Better

Since joining MOVE!, Teresa has surpassed her initial weight loss goal by losing more than 40 pounds. In addition to this success, Teresa now has more energy and has less back pain.