

# **My Lucky Day!**

SUCCESS STORY UPDATE - 2016

### Motivation and Challenges

"It was really my lucky day when I started MOVE!. Once I started working with a behavioral psychologist and started the program, everything began working for me and began to 'click.'

MOVE! taught me a lot about nutrition—I didn't know anything before! I learned that you can't overeat if it's healthy food. I learned to control my portions. Once I started to figure out which foods were my 'friends' as a diabetic, the weight just fell off. I remember saying to myself, 'this is what will work!' It's become easier to make the right choices, but I still work at it. I don't let myself get 5-10 pounds overweight. I still enjoy eating; I'm just a different person.

I enjoy life, and do something active every day. Now, I walk with my friends from VA every Tuesday, and sometimes we ride bikes and fish. It's nice bonding time. I'm still involved in MOVE! and it keeps me focused. I currently weigh about 180 - 184 pounds. I'm 67 and haven't felt this good my entire life. My only regret is that I didn't get help sooner!

I tell Veterans that everybody can get healthier, they just need to pay attention. Everybody can exercise, no matter your limitations. Ask for help, the VA has it!"







# You Don't Have to be Skinny, Just Healthy:

## **MOVE!** HELPS VETERAN GET HIS LIFESTYLE BACK

### "I had to lose weight to do the things I love to do."

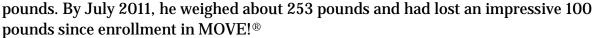
"Weight took my lifestyle away, so I had to lose weight to do the things I love to do,"

says Walter Hood, a MOVE!® patient and Vietnam-era Veteran. So he went to the Overton Brooks (Louisiana) Department of Veterans Affairs (VA) Medical Center to do it.

#### "You can't name a diet I have not tried."

"Despite years of non-VA care and yo-yo dieting, Walter's weight and diabetes were out of control. When he was dismissed from his provider's care for non-compliance, he decided to make a change. He opted for VA care at Shreveport's Overton Brooks the facility he now calls "the best place in the world."

Weighing 353 pounds in August 2008, Walter enrolled in MOVE!® individual care and started taking the weight-loss drug Orlistat. He lost 49 pounds and then plateaued, so he was referred to a psychologist and MOVE!® group care. At his first MOVE!® group session in March 2011, he weighed about 295





Walter thinks it's important to self-motivate and set goals other than those related to weight loss. He still struggles with portion control and snacking, so he keeps a daily food and activity journal.

Before losing weight, Walter says that by noon, he would be "done for the day." Now he is able to actively enjoy a variety of activities. "Life is short, but you will have a better life if you are healthy," Walter says. "You don't have to be skinny, just healthy.