



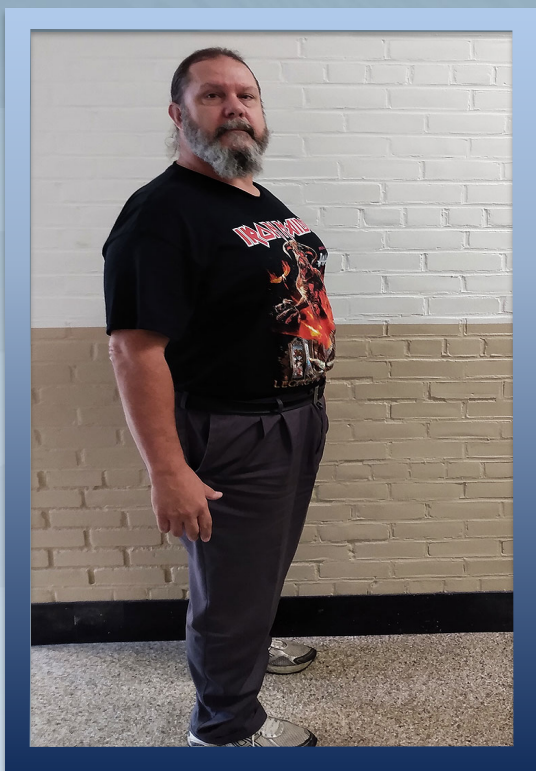
Success Stories

Healthy Living Matters. Prevention Works.

Down 60 Pounds and Ready to Lose 60 More

WALTER LESTER HAD A LIFE-LONG WEIGHT PROBLEM BUT LEARNED THAT A HEALTHY DIET AND EXERCISE ARE KEYS TO WEIGHT MANAGEMENT.

With the help of the MOVE! team at the Syracuse, NY, VA Medical Center, Walter is shedding pounds.



Life's Realities

In high school and during his 26-year Army career Walter struggled with weight. He first tried the MOVE! Weight Management Program for Veterans in 2014 and lost 75 pounds, but after hip replacement surgery his weight shot up to 320 pounds. Walter's VA doctor talked to him about life's realities and suggested he give MOVE! another try. Since getting back into MOVE!, Walter has been working individually with a dietitian on a monthly basis.

Working With a Dietitian

Walter worked with a MOVE! dietitian to improve his eating habits. He said that the dietitian helped him get his carbohydrate intake reduced to a healthy level.

He added that the dietitian has been integral to his weight loss. She has helped him adjust monthly goals as needed and provides a measure of accountability.

Physical Activity Plays a Role

Along with getting back to a healthy diet, Walter now exercises on a regular basis. In fact, 3-4 times a week you'll find him at a local gym using the elliptical for 45 minutes.

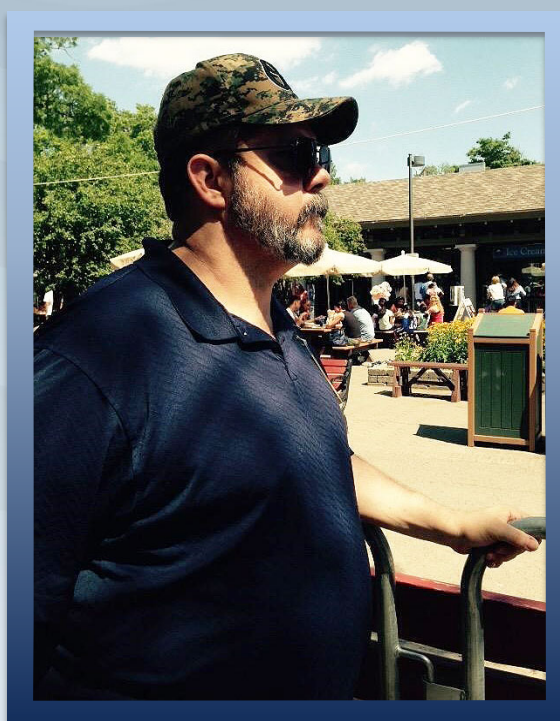
"It takes diet and exercise to lose weight and a great nutritionist can keep both aspects in focus," Walter said.

His Support

Along with the MOVE! dietitian, Walter says that the VA staff was the greatest help and that his wife has been very supportive.

“I can move and function better. Walking is easier. Fishing is easier.”

– Walter Lester



Tackling a Big Job

In addition to being able to move around better, Walter says he is able to sleep better. Now he is moving so well he is tackling a major house renovation.