



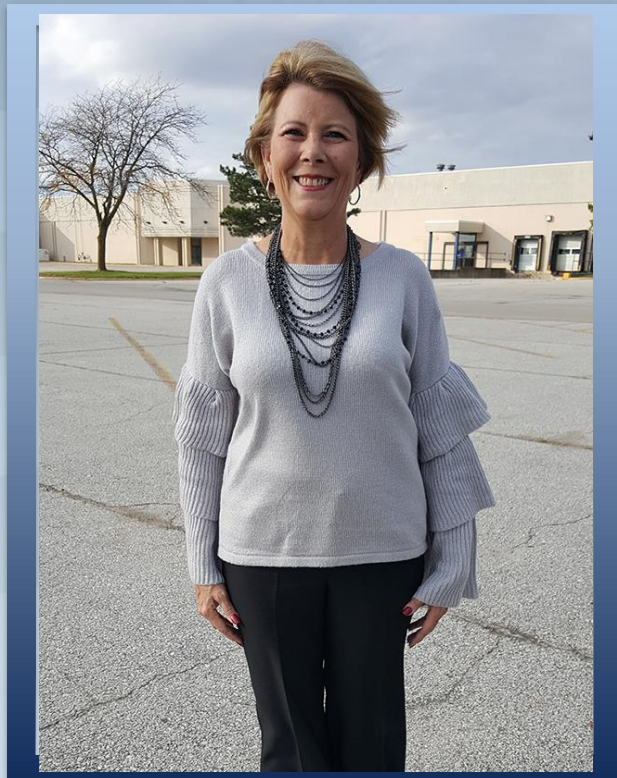
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Rediscovering the Person “Outside of the Uniform”***

***MICHELLE YOST SERVED IN THE U.S. AIR FORCE FOR 35 YEARS. THEN SHE HAD TO TAKE CHARGE OF HER OWN LIFE.***

A gradual weight gain after retirement caused Michelle to rethink some of her choices. Inspired by a fellow Veteran, Michelle enrolled in MOVE!—and lost nearly 40 pounds!



### ***A lifestyle change.***

Michelle Yost recently retired from the U.S. Air Force after 35 years of service. For Michelle, returning to civilian life was not easy. “It was difficult to rediscover who I was outside of the uniform,” she recalls.

Part of that rediscovery was figuring out how to spend her newfound free time. Michelle enjoyed participating in social activities, often held at restaurants serving perhaps less-than-healthy fare. This change in diet and lifestyle resulted in gradual weight gain, physical discomfort, and high cholesterol. “I didn’t like the way I looked or the way I felt,” Michelle said.

## ***Introduced to MOVE!***

A friend and fellow Veteran introduced Michelle to the MOVE! Program. Her friend, a MOVE! alumnus, shared many positive experiences related to her own successful weight loss. Inspired, Michelle enrolled in the VA Central Iowa Health Care System's MOVE! Program.

In November 2016, Michelle attended her first session with MOVE! dietitian Kylie Thomas. She went in with eyes wide open. "I prepared myself; I realized I had to change my life. The military always told [me] what [I] had to do, and now I had to do this for myself."

## ***Starting the MOVE! journey.***

Gradually, Michelle made changes. First, she adjusted her eating habits. "I still went out to eat, but I realized I didn't have to clean my plate; it was okay to take food home. I could order from the kid's menu." She also learned about making healthier choices, but not to deprive herself: "I never told myself 'no.'" Michelle also started tracking her steps and exercising with resistance bands.

## ***What a difference a year makes after MOVE!***

A year later, Michelle has lost 39 pounds, some 23 percent of her body weight. Her joint pain is down, and she is no longer on cholesterol medication. Michele works out with a personal trainer three days a week.

**“I realized I had to change my life. I had to do this for myself.”**

**– Michelle Yost**



Now she has the energy to enjoy her favorite activities, such as riding her motor trike, crafting, and quilting for the Quilts of Valor Foundation.

"If it weren't for the MOVE! Program, I would have given up on myself. I wouldn't have made it," Michelle said. "I am no longer focused on the number [on the scale]. I'm determined to be healthy."