

## Making Small Changes:

VETERAN KALO WILLIS

**GAINS CONTROL OF HIS LIFE WITH MOVE!**<sup>®</sup>

Kalo Willis has struggled with weight his entire life. He couldn't walk very far without losing his breath, and several years ago he was diagnosed with diabetes and a heart condition. Diabetes began to take its toll—he lost vision in his left eye and was diagnosed with glaucoma.



Last April, his VA physician offered him hope: a referral to the Kansas City VAMC MOVE!<sup>®</sup> program. After learning more about the program, Kalo decided it was time to take action—he was tired of the needles and IVs!

Kalo met with nutritionist Dr. Nancy Miller and started his journey to better health. When he told her about his eating habits, she told him that making small changes is the key to successful weight loss. Kalo started reducing his portions, gave up sugary sodas, and stopped eating chips and dip before bed.

And he began to “move” more. He now gets out of the house and walks, and he does crunches while seated in his chair. “When the icebox calls, I get out and move,” Kalo explains. His sister’s been great a support for him, and she’s lost some weight, too!

Since starting MOVE!<sup>®</sup> in April 2012 at 340 pounds, Kalo’s lost 68 pounds and gone from a 52-inch to a 44-inch waist! His diabetes has improved and he doesn’t have to see his cardiologist as frequently. He enjoys having more energy and doesn’t find himself short of breath when walking. Kalo knows he can’t repair his vision, but he’s happy to have “moved that weight right on away!” and is now aiming to eliminate his diabetes.

“Be honest with yourself and your nutritionist. If you’ve got a problem with enjoying what you eat, join MOVE!<sup>®</sup>,” Kalo says. “You have to gain control, and with MOVE!<sup>®</sup>, it’s not too hard or stressful to do that.”

*[An article previously written by VHA Communications Specialist Janet Throop, and available at [http://www.kansascity.va.gov/features/A\\_MOVE\\_ing\\_Success\\_Story.asp](http://www.kansascity.va.gov/features/A_MOVE_ing_Success_Story.asp), was edited to create this story.]*