

Pleased and Proud:

VETERAN ALAN KRAYNIAK DISCUSSES HOW TELEM MOVE! HELPED HIM DROP 132 POUNDS AND LIKE HIMSELF AGAIN

Why did you join the MOVE![®] Program at the Elmira CBOC of the Bath (NY) VAMC?

“I’ve been trying to lose weight since I was an early teen—over the years, I’ve joined gyms, bought food programs, and done all kinds of diets. I turned 60 and felt I needed something more concrete than programs where you just talk about your emotions.”

What motivated you to get started with MOVE![®]?

“I realized that VA was actually there to help me. VA staff asked me if I wanted help with my weight, then I was put in touch with a VA nutritionist. She gave me the option of doing TeleMOVE!, so I jumped right in.”

When did you start the program?

“I originally started in late fall 2011. I was unsuccessful the first time, but asked to be re-admitted. I got on medication, then started up TeleMOVE! again in November 2012.”

What about the program has worked for you?

“It helps me stay consistent, which is the cornerstone of health recovery starting with weight control. I really enjoyed signing in every day and having my Care Coordinator back me up any time I needed it. And no one looked down on me—I always felt supported.”

How much weight have you lost?

“Halfway through my weight loss program, I’d already lost over 113 pounds. In December 2013, I started my 6th cycle of Home TeleHealth Weight Management and have lost a total of 132.8 pounds! My blood sugar levels are now normal, so I’m off insulin, too. My goal is to get below 300 pounds by the end of 2013.”

Who’s helped you reach your goals?

“VA staff and my counselor, who’s helped me with basic life issues.”



How's your life different now?

“It's extremely different. Before the program, I was at a point where it was painful to stand and get a drink of water. I was getting old before my time, and I'd probably be dead if I hadn't changed! Now, my pulse and blood pressure are lower, and my energy is tremendously higher. I do 40 minutes of exercise every day, usually walking or on my exercise bike. TeleMOVE! has played a significant part in me liking myself again!”

What should other Veterans know about VA and MOVE!®?

“Initially, I was afraid VA wouldn't take care of me. But I found that VA tries really hard to take care of its Veterans! I'm extremely pleased with and proud of VA. As for MOVE!®, I think almost every Veteran can benefit from it. It really helped me realize that it's never too late to start improving your health!”