

## 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!<sup>®</sup> 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!<sup>®</sup>?*

“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 6<sup>th</sup> 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!”