

Better Choices:

VETERAN DENNIS MEEHAN DISCUSSES HOW MOVE![®] GAVE HIM THE SUPPORT TO SUCCEED

How long did you struggle with your weight?

Dennis: “I gained weight steadily during the last 10 years before I retired in 2007, when I weighed 255 pounds. I lost 15 pounds shortly after that, but couldn’t lose any more.”

What motivated you to join the MOVE![®] Program?

“I just knew I needed to lose weight. My PA at the VA Central Western Massachusetts HCS suggested MOVE![®], so I tried it.”

What about MOVE![®] was most helpful?

“The MOVE![®] staff gave me lots of great ideas—ways to exercise, and healthy choices and alternatives.”

Who helped you meet your weight goals?

“VA staff were very important—especially, Dr. Mark Schneider and Registered Dietitian Pat LaRiviere. So was my wife, who cooked to help me lose weight.”

How much weight have you lost through MOVE![®]?

“Since starting the program in January 2010, I’ve lost 40 pounds and met my goals. And I’ve even set a new weight loss goal!”

How’s your life different now?

“I feel better physically, and also feel better about myself. And I’m taking less cholesterol medication.”



What do you do now to stay healthy?

“I have a daily exercise regimen. I also make better choices in my eating habits.”

What would you like other Veterans to know about MOVE!®?

“MOVE!® works! It’s a great program that provides the knowledge, support, and expert advice that you need to better manage your weight.”