

Set Up for Success:

VETERAN J.C. GROVER 'MIXES IT UP' WITH MOVE![®] AND LOSES 125 POUNDS

Veteran J.C. Grover's pain had gotten so severe that he'd had enough. He knew he finally had to deal with his weight problem.

After leaving the Navy in 1992, J.C. had rapidly gained weight over the years, peaking at 313 pounds. "As time went on, I became more and more unhappy with my weight," he recalls. "It caused such severe joint pain that I frequently had trouble going up stairs. And because I was obese, I was on numerous medications."

Time to Re-prioritize

Although J.C. had seen a dietitian while getting inpatient VA treatment, losing weight just wasn't a priority. J.C. hadn't tried any weight-loss programs before, but then a physician at the Battle Creek (MI) VAMC told him about the MOVE![®] Program. He decided it was time to address his weight head-on.

At almost 300 pounds and a body mass index (BMI) over 43, J.C. attended a MOVE! Orientation in February 2014, then began individual visits with a MOVE! dietitian in March. Later that month, he joined the MOVE! Group Sessions, determined to set small, manageable goals that would help him change his eating and exercise habits.

The rest is history.

Just Kept Going

Upon starting MOVE!, J.C. set three goals: taking 5,000 steps on his pedometer, eliminating soda from his diet, and eating three nutritious meals a day. "Once I met these goals and saw the results, my body felt so much better," he says. "So I just kept on going." J.C. found that the tools that MOVE! provided—a pedometer, food journal, and calorie book, for example—were key to his success. "The constant support of VA Staff



and my daughter also really helped,” he explains. “I met my initial goals, then I just set new ones!”

By March 2015, J.C. was down to 175 pounds and a BMI of 29.96. “My health’s improved so much that I no longer need to take cholesterol or blood pressure medication,” he reports proudly. “I’ve also decreased my anti-depressant medication.” As importantly, J.C.’s stayed at 175 for 3 months and now aims to reach—and maintain—a new weight of 170 pounds.



Some New Moves

J.C. says that his daily exercise routine is fun because he’s always trying new ways to stay fit. “I walk over 4 miles at a time, sometimes all the way home rather than taking the bus,” he says. “I also take a ballroom dance class to learn some new moves! Instead of watching TV, I put on music and practice dancing now.” J.C. has found that mixing things up and trying new activities is important. “But you need to listen to your body,” he says. “When my joints start to hurt, I head to the pool for some low-impact cardio.”

J.C. also credits three solid meals a day for helping him successfully lose weight. “Before, I’d eat one meal a day, sometimes a whole pizza and 2-liter soda!” he recalls. “But those days are in the distant past.” His new-found knowledge helps him now make good food choices every day. J.C. starts with a filling, nutritious breakfast—oatmeal, a banana, and orange juice, for example. When he gets hungry later, he reaches for carrots or low-fat cottage cheese—not chips. And because he’s found that processed foods make him gain weight, he tries to use fresh ingredients in his meals now.

Mission Accomplished

J.C. is still working with a MOVE! kinesiotherapist and using the pool and the gym to stay active. He’s not doing the MOVE! Maintenance Group now, but will probably join later. “I believe in what MOVE! offers—it truly sets you up for success,” he says. “I’ve accomplished what I set out to do. Weight loss has helped me achieve my goals and try many new things, and it’s improved my everyday quality of life!”