

Not Afraid To Try:

MOVE![®] AND THE MOVE! COACH MOBILE APP

HELP VETERAN JERRY PHELPS GET HIS WEIGHT UNDER CONTROL

Veteran Jerry Phelps had been receiving VA care since 1991, and all the while his weight continued to rise. “I’d lose and gain—it was just like a roller coaster ride,” he recalls. “When I got to 267 pounds, I knew I was out of control.”

Something New

Jerry decided on the MOVE! Program and started the classes at the Iowa City VA HCS. Several months later, he was offered something new: the MOVE! Coach Mobile app. “They asked for volunteers to use it, so I jumped up because I’d done online programs before,” Jerry says. “I started MOVE! Coach and the rest was history!”



Already down to 218 pounds through MOVE!, he continued to lose additional weight with the app, even during the Thanksgiving and Christmas holidays. “MOVE! Coach helped me lose an additional 18 pounds,” Jerry recalls. “I’m at 199 now—that’s a total weight loss of 68 pounds with both programs.”

Not Like Other Programs

Now finished with the “engaging,” 19-week program, Jerry raves about how well it worked for him. “I really enjoyed the self-management guides in MOVE! Coach, and I liked being able to track my weight and activities in my diary,” he explains. “By monitoring my personalized graphs, I was able to stay more aware of what I was eating—something I continue to do now.”

Importantly, the MOVE! Coach videos taught him about portion size and food labels. “That’s something I don’t think I’d have gotten from any other program,” he says. “And talking to someone every time I finished a guide was great motivation, too.”



Have To Move

MOVE! Coach has also helped Jerry make big changes in terms of physical activity. “I was not overly active before the app, but now I *have* to move and do something each day,” he says. “After starting MOVE! Coach, I went to work as a stock guy, working 4 hours a morning, 6 days a week. The job keeps me incredibly physically active—I walk 6,000 to 8,000 steps per day, and lift 25- or 30-pound items all shift long.” Doing yard work and house renovations also helps him stay active. “Now that I’ve lost so much weight,” he says, “it’s much easier to do.”

Super, Worthwhile

Jerry says that he’d definitely tell other Veterans not to be afraid to try MOVE! and MOVE! Coach!. “They’re beneficial if you just take the time to learn, at your own pace,” he says. “Both the classes and the app are super, worthwhile programs!”