

Inspired:

MOVE![®] GIVES VETERAN JOHN KINJERSKI THE MOTIVATION TO OVERCOME HIS LONG-TERM WEIGHT STRUGGLE

How long have you struggled with your weight?

“I struggled for a long time. At one point, I weighed almost 300 pounds!”

What inspired you to get started with the MOVE![®] Program?

“My daughter inspired me—she was really heavy and started losing weight. A VA doctor told me about the program, and I connected with Susan Powell at the Milo Huempfer VA Outpatient Clinic (WI). I started MOVE![®] classes in January 2014.”

What about the program has worked best for you?

“They teach you about different foods—vegetables, carbs, etc.—and how much you should eat for a portion size. They teach you how to be a mindful shopper and to watch what you buy. They really motivate you.”

How has your health improved?

“By July 2014, I weighed 270 pounds; currently I’m at 225! I’ve finished the group series and plan to go to the next 8-week session.”

Who helped you reach your goals?

“MOVE![®] Coordinator Sharon Butnik really inspired me. When she recently retired, I shed some tears. I love her for getting me going, and I’ll be forever indebted to her.”

How’s your life different now?

“I do a lot now—like working outside in the yard and gardening. I share information with my daughter. I’m diabetic and have neuropathy, but the weight loss has allowed me to get off my diabetes medications. I’ve realized I can do a lot more in life!”

What would you tell other Veterans about MOVE![®]?

“Everybody should try it, even though it’s not for everybody—you have to want to do it. But once you get into it and see how it works for you, it motivates you!”

