

## **Not Easy, But Worth It:** **VETERAN JOHN SCALPH DISCUSSES HOW MOVE!<sup>®</sup>** **HELPED HIM LOSE WEIGHT AND REGAIN HIS HEALTH**

### ***What inspired you to get started with MOVE!?***

“I got motivated after my VA primary care provider told me I had type 2 diabetes in 2010. I’d been obese since age 42—for 20 years—but I’d never tried to lose weight before, even though I had ‘good intentions.’ It took being diagnosed with diabetes for me to make the effort to change.”

### ***When did you start the MOVE! Program?***

“My primary care physician referred me to the Fayetteville, Arkansas, MOVE! Program, which I started in February 2010. I’ve actively participated in the program since then, and recently, I transitioned into the maintenance phase.”

### ***How is MOVE! different from other programs?***

“It gave me the knowledge to improve my eating habits and the motivation to adhere to the changes I made. MOVE! staff provided the expertise, tools, and support necessary to make weight management a reality. I also greatly benefitted from the accountability of TeleMOVE!, which I did for about 2 years.”

### ***Did you meet your weight loss goal?***

“Yes, I’ve been working toward this goal for the past 5 ½ years and reached it recently. At the time of my 2009 consult for MOVE!, I weighed 371.4 pounds, had a BMI of 51, and wore size-56 pants. Today, I’m wearing size-40 pants, which are a little loose, and my BMI is 28—I’ve lost over 169 pounds! I plan to stay in the range of 195 to 205 pounds. Going forward, I’m going to weigh in on Mondays, Wednesdays, and Fridays, and check in with the MOVE Program monthly via secure messaging or a phone call.”

### ***Who helped you reach your goals?***

“Angie Thomas has been my MOVE! dietitian since 2010, and dietitian Susan Forbes started following me in TeleMOVE! in late 2014. They helped me stay on track by



encouraging me, providing the knowledge to make changes, and keeping me accountable.”

***How’s your life different after MOVE!?***

“I’m constantly on the go. I’ve always had a lot of energy, but now, I’m in better physical condition and can do so much more. I stay active by remodeling my home and



doing yard work—I’m always busy. Because I have the motivation now to just do things, I procrastinate less. As far as fun goes, I’m able to do anything and everything!”

***How has your health improved?***

“I have less knee pain, and now that I’ve reached my desired weight, I’m considering knee replacement or injections. While in MOVE!, I made dietary changes that I could live with, so I’ve been able to continue those healthy eating habits. And I’m no longer on medications for blood pressure, diabetes, or cholesterol.”

***What would you tell other Veterans about the MOVE! Program?***

“I am not going to say that it was easy, but I will say that it was definitely worth it. Just remember that this is not just a ‘weight-loss program’—it’s designed to teach healthy lifestyle habits through better food management and increased physical activity. I encourage anyone willing to make this change to enroll in MOVE! without delay.”