

The Tools To Succeed:

MOVE![®] HELPS DIABETIC VETERAN JOSEPH NEPI DROP 50 POUNDS AND 6 MEDICATIONS

How long did you struggle with your weight?

“I’ve struggled since 2002, when I was diagnosed with diabetes and started several medications to treat it. At the same time, I also stopped smoking, but had physical problems such as heart disease and Achilles tendon tears. All this caused me to curtail a very active physical fitness regimen.”

What motivated you to make changes to lose weight?

“I saw a picture I took with my cousin while we were fishing on the beach. As kids we called my cousin ‘fatty’ and I realized that I’d gotten as big as he was!”

Why did you join the MOVE![®] Program?

“I felt I needed help in finding other ways to control my weight, since my medical conditions were preventing me from getting a lot of physical activity. So I started the program the Viera (FL) VA OPC.”

What lifestyle changes did you make to achieve your weight goal?

“I began to swim and control the types and amount of food I ate. These changes allowed me to make changes in the medications I was on—I was able to stop taking 6 medications, including two for diabetes!”

What was most helpful in losing the weight?

“It was the combination of tools I was given in MOVE![®]—things like motivation, knowing what types of food to eat, and how to eat, to name a few.”



Who helped you stay on track?

“VA staff helped me every time I had a visit.”

What was the biggest obstacle you overcame?

“Changing my pasta and bread intake was the biggest challenge. Now, I only eat low-carb pasta and multi-grain bread. And I have smaller portions than I used to.”

How did the MOVE!® help and support you?

“It provided instruction and camaraderie.”

How has losing weight changed your life?

“I’m off insulin and 5 other medications! Losing weight has enabled me to exercise more, despite physical limitations.”



How do you plan to keep the weight off?

“I’ll continue with my current regimen, and hopefully lose another 20 pounds. I really want to be under 220 pounds, preferably at my pre-diabetes weight of 180.”

Would you recommend MOVE!® to other Veterans?

“Most definitely! The MOVE!® Program provided great support for me and offered so many ways to help control my weight.”

