

## **Whole New Lease On Life: 208 POUNDS LIGHTER THROUGH MOVE!<sup>®</sup>, VETERAN LANA KING FEELS 'FULLY ALIVE' AT AGE 50**

“One foot in the grave” is how Veteran Lana King described herself at the beginning of 2011. “I was hospitalized earlier in 2010, and learned that I had diabetes, hypertension, sleep apnea, and anemia,” she recalls. “And I weighed 495 pounds!” It was the culmination of 20 years of weight struggles for Lana, who’d gained a lot of weight from a hormonal imbalance during her last pregnancy. Over that time, she’d tried many different methods to lose weight—low-calorie, -fat, and -carbohydrate diets that resulted in some loss—but she was never able to maintain it. Ultimately she gained all the weight back, plus more.

### **Whole Patient**

What Lana needed was a comprehensive weight management program, and she found it in MOVE!<sup>®</sup>. “My primary provider, Tina Highlen at the Las Vegas VAMC’s Women’s Health Clinic, referred me to the MOVE!<sup>®</sup> Low-Carb Program,” Lana says. “The MOVE!<sup>®</sup> Team treated me as a whole patient—mind, body, and spirit. They’re invested in each individual patient and they’ve been invaluable to achieving my weight loss goals.”



Lana started the program with a thorough medical assessment, lab workup, and medication review designed to provide a complete picture of her health and give her the best chance at success. “I got the education and information I needed to execute a diet plan tailored to me,” Lana explains. “Staff were also concerned with my mental state and well-being—aspects of care that I think make MOVE!<sup>®</sup> unique and special.”

### **Fully Alive**

Each member of Lana’s team contributed something important to her support and care, providing things like health monitoring and education on the human body, exercise, proper diet, and everyday living, for example. And when she wasn’t learning new things in MOVE!<sup>®</sup> class, she was swapping recipes and discussing challenges with fellow participants.

The “recipe for success” Lana learned through MOVE!® has served her well in her journey to optimal health. She continues on a “steady, progressive weight loss track”, using a primarily vegetable and protein-diet to proceed properly and safely towards her long-term goals. To date, she’s lost 253 pounds under VA care, and 208 pounds since joining MOVE!® in 2011. “My life is 100 percent better now,” Lana reports. “At age 50, I’ve got a whole new lease on life. I’m fully alive and loving life!”

### Great Support

In addition to her MOVE!® Team, Lana’s husband provides her greatest support. A chef by profession, he’s ensured that she’s eating well by reading labels, watching portions, shopping smart, and cooking the “best-tasting” food. “He makes dishes that meet my low-carb needs,” she says. “He’s been living my new lifestyle for over a year now, too, and he’s lost 130 pounds!”

With her amazing weight loss, Lana has conquered all of the health challenges she had in the past. She’s no longer taking any prescribed medications—only vitamins and supplements—and she’s gained the energy and mobility to do things she hadn’t in decades.

“In March 2013, I started taking dance classes, and later, martial arts,” she explains. “Through these activities, I’ve made a ton of new friends. It’s so great to have a new social life that’s full, fun, and good for my health!” Physical activity is now a daily part of Lana’s life, which now includes laughing more, stressing less, and making herself the top priority.



### Something For Everyone

Lana says that if she could, she’d make all Veterans aware of what MOVE!® has to offer them. “No matter what their age or mobility level, they all can benefit,” she explains. “There are so many aspects to the program—exercise classes, lifelong classes, Telehealth, and low-carb, to name just a few—it really has something for anyone!”