

## Healthy Mind, Body, and Soul:

VETERAN LORI HARAM DISCUSSES HOW MOVE!<sup>®</sup>  
HELPED HER START ON THE PATH TO A NEW, POSITIVE LIFESTYLE

### ***Describe your weight issues over the years.***

“I struggled with my weight for 35 years, ever since my first permanent duty station in the military. I started trying to manage my weight while still the military, using their program. But the only way I knew how to lose weight was through excessive exercising and ‘fad’ dieting.”

### ***Why did you do MOVE!?***

“My health had started to decline—I felt I had to make a drastic change in order to live a normal, healthy life. My VA doctor suggested MOVE!, as I had developed high blood pressure and was border-line diabetic. I did the program at the Viera OPC of the Orlando (Florida) VAMC.”

### ***What lifestyle changes did you make that helped?***

“While doing the military’s weight management program, I never focused on portion control—but that was an important focus of MOVE!, and a big change for me. I also learned to see food as ‘fuel,’ and to focus on making better food choices. And I started an exercise routine.”

### ***How did MOVE! help you?***

“MOVE! educated me to make the right food choices, and to slow down while eating—so my brain could ‘catch up’ with my stomach. I learned that I wasn’t on a ‘diet’ and had to make real lifestyle changes. Being in the MOVE! group also forced me to be accountable for myself.”

### ***What were your biggest obstacles and how did you overcome them?***

“Staying motivated to follow through was a big challenge. Support and suggestions from my MOVE! group helped me when things got rough, and kept me motivated and on track. It was really helpful, too, when friends and family noticed positive changes in my body and habits.”



***Have you achieved your health and weight goals?***

“Yes! I’ve lost almost 44 pounds. I’m no longer on blood pressure medication, and my cholesterol number is down 50 points. I feel great and have so much energy now.”

***How do you plan to keep the weight off?***

“I’m really looking forward to continuing my positive lifestyle. I’ll continue to eat right, control my portions, and make healthy food choices. I’m also going to continue to go to the monthly group meeting and stay physically active.”

***Would you recommend MOVE! to other Veterans?***

“Definitely! It helps keep your mind, body, and soul healthy.”