

## Willing To Work It:

### VETERAN MICHAEL HOLLEMON DISCUSSES HOW MOVE!<sup>®</sup> HELPED HIM LOSE 107 POUNDS

#### *What's your health history?*

"I've been working on my weight since I got out of the U.S. Navy in 1970, and have been disabled since 1975. I've had 28 surgeries over the years, and have 2 artificial knees."



#### *What made you start the MOVE! Program?*

"I was at a regular VA appointment and a nurse told me I needed to lose weight. She suggested MOVE! at the Fort Collins (CO) VA Outpatient Clinic."

#### *What was your experience with MOVE!?*

"I started the program weighing 287 pounds, and just read and listened to all the information they shared. I now weigh 180 pounds—that's a 107-pound loss! I wear a smaller pants size and can even fit into my old Navy dress blues now."

#### *How have you been participating in MOVE! lately?*

"I've been using the MOVE! Coach Mobile app—it's awesome! I get a call once a week from VA staff and review things with them."

#### *How's your life different now?*

"I walk regularly, and I do things like parking far away from locations, then walking. Currently, I'm helping a neighbor build his garage. I also tend to a garden and chickens. I get my own eggs and do all my canning and cooking—I make my own spaghetti sauce, for example, and peach and apple butter."



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

"I feel better than I have in a long time! I was a borderline diabetic 9 years ago, but that's resolved. I was also being treated for hypertension, but I'm no longer on medications for that. And I've had no more surgeries since my weight loss!"

#### *What would you tell other Veterans about MOVE!?*

"The program works if you are willing to work it! I found it at just the right time."