

On Track and Accountable:

VETERAN OLIVIA MOVSKY LOSES OVER 100 POUNDS WITH MOVE![®]

Why did you join MOVE![®]?

“I’d been doing yoga and iRest at my local VA (Orlando VAMC) and it was a case of one good change leading to another. I felt so much better after a couple of months of yoga that I wanted to be more active. My weight was holding me back, so I talked to my primary care physician about a weight loss plan. My usual style of weight loss was to lose some and give up, so I thought a real plan would help keep me on track. She referred me to the MOVE![®] Program at the Viera OPC.”

What motivated you to make changes and lose weight?

“Yoga and iRest was my main motivation for a long time. Once I really started seeing changes in my body, then that was additional motivation.”



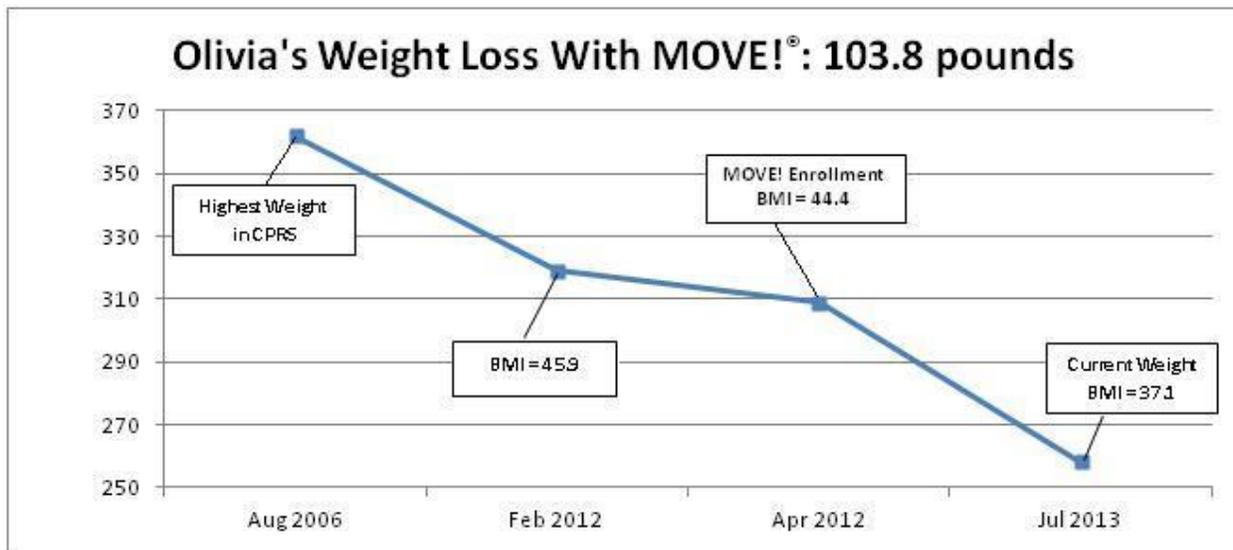
What lifestyle changes did you make to move toward your weight goal?

“I changed my diet and found things I enjoy doing for exercise. My exercise changes were very gradual. I already had yoga and I swim a good part of the year, but other exercise was slower in coming. I need a reason to do something, so I help with the yard work, tend my garden, play with the dog, visit theme parks, and just stand around

talking to neighbors sometimes. These things all add up to burned calories, and keep me doing them because I am accomplishing something in the process. The garden is a great way to burn calories, as well as get some fresh fruits and veggies into my diet.”

What was most helpful in losing weight?

“My husband is very supportive. He loves me no matter my size, but now we enjoy doing many more active things together. Of course, yoga is helpful. MOVE!® is also helpful because it keeps me on track and helps me stay accountable.”



What was the biggest obstacle and how did you overcome it?

“I have an underactive thyroid and a taste for sweets. This is not a good combination for losing weight. I still eat sweets, just in smaller portions. I don’t really do anything for my thyroid since I react poorly to the medication that is normally used to treat it. I compensate by eating more fruits to satisfy my need for something sweet, though I still sometimes eat baked goods, just fewer and smaller amounts. Also, I am always on the lookout for a new activity or hobby that will keep me moving.”

How did the MOVE!® Program help and/or support you?

“Well, there is the basic feeling of accountability that you get from seeing someone every month and weighing in. Also, Lisa Haggart, my VA MOVE!® person is so supportive and great to work with. I can ask her any question about diet or activity and she can answer it. It’s great to have a professional looking out for me and be there to answer my questions. One of my big problems was that I don’t feel comfortable in groups and can’t

stick with a group setting for long. So I do individual MOVE![®] sessions and I appreciate this more than I can say.”

How has losing weight changed your life?

“How has it not? I move easier. I’m more active. I enjoy doing things that I never thought I would be capable of. I get to spend more time with my husband. Even the dog is happier because he gets more playtime! Being able to do things like these make me happier. Knowing I am doing something good for my health that will help me live a longer life makes my husband happier.”

How do you plan to keep the weight off?

“I now have a few activities that I enjoy doing, so I will continue those. I plan to keep on top of my weight and take action if it creeps up again—I’ll do the same things I did to lose it in the first place, such as keeping track of what I eat. I have less “portion distortion” now, but I weigh my food sometimes just to make sure I am not unknowingly increasing my portions.”

Would you recommend MOVE![®] to other Veterans?

“Yes, I would!”