

## Pretty Cool:

### MOVE!<sup>®</sup> HELPS VETERAN ROGER MCGILL GET IN TUNE WITH A HEALTHIER LIFE

Veteran Roger McGill says that it's funny how his journey to better health started.

"I was going to a non-VA doctor and was told that I needed to lose weight," he explains. "But I just kind of brushed it off." Then, in August 2012, he went to VA to get eyeglasses. "I needed a referral from my primary provider, who gave me the exam and medications I needed," Roger says. "But he also said, 'we have a program here at the Jesse Brown VAMC called MOVE!<sup>®</sup>, would you be interested?' Roger said he was.

#### Breakfast and 10,000 Steps

He got started with the MOVE!<sup>®</sup> nurse, who gave him the program information. "I had to go to an initial class and then I went every week," Roger recalls. "They showed us how to fill out food logs, and talked about the phone apps we could use. I listened to all the guests they brought in!" He learned about things like reading food labels and creating a healthier diet. And he started eating breakfast—something he hadn't done since serving in Vietnam in 1966. "Now I eat it every day," he explains. "I also don't drink soda anymore, and if I drink juice, I cut it in half so I can enjoy it."



Using a pedometer provided through MOVE!<sup>®</sup>, Roger also started moving more, and it's made a big difference. "I started off walking 10,000 steps a day," he says, "and now I do it religiously. Before when I was cutting the grass, I'd be pretty exhausted. It was difficult even walking a few blocks. But now I can cut the entire lawn, dig, and weed. And I feel like I can just walk forever." Roger gets his physical activity in his neighborhood—not the gym—and if the weather's bad, he just goes to the mall.

#### Past the Plateau

Roger started at a weight of 260 pounds in April 2011, and set a goal of 220 pounds while in the program. By August 2013, he was down to 218; in November 2013, he was

at 214! “That’s a total loss of 46 pounds—and my blood pressure is down to a normal 120/80,” Roger says. “My ultimate goal is to get to 200, and I’m still on the right track.” Although he hit a plateau and stopped losing weight for a time, he just kept doing the same thing and the pounds started dropping again.

A big part of Roger’s weight management success is due to the great support he’s gotten both in and out of VA. “At each week’s MOVE!® class, we talk about our issues,” he explains. “There are 20 to 25 of us in class, and it’s great to have other Veterans there with you. We have so much support, it really works very well!” Roger’s family is also really proud of him—they “just can’t believe” what he’s accomplished so far.

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Roger’s never felt better in his life, and he’s not afraid to tell other Veterans to try the MOVE!® Program. “I’ve kept the weight off, but I’ve had to keep at it to succeed,” he says. “Each day, I weigh myself, keep a food log, and track my blood pressure,” he says. “Now, I’m incredibly in tune with my body—I can almost tell what I’m going to weigh each the morning. That’s pretty cool!”

