

Lasting Lifestyle Change: MOVE![®] HELPS VETERAN ROY GOCHENOUR GET ‘SMART’ ABOUT WEIGHT LOSS AND DROP 37 POUNDS

As Veteran Roy Gochenour was approaching retirement, he realized that it was important for him to be physically able to enjoy it. “I was struggling with excess weight—my clothes were tighter, my knees hurt more, and my A1C was into the pre-diabetes range,” he recalls. “I gradually gained weight over the years, despite having tried just about every popular diet out there.” Roy would “successfully” lose weight only to gain the weight back in a very short time.

Cracking Down

Roy’s wife agreed that losing weight was a great idea, as did his Primary Care Physician, who often asked if Roy was interested in seeing a dietitian and told him about the MOVE! Program. “I would say ‘no’ because I was married to a Registered Dietitian and thought I already knew the information,” Roy says. “But after hearing and seeing all the commercials about weight loss programs, as well as the individual successes, I changed my mind.”

In January 2015, Roy enrolled in the MOVE! Group Sessions at the Lebanon, Pennsylvania, VAMC, and attended classes for 9 weeks. From the first day, he was motivated to finally “crack down” and do the work necessary to achieve his weight goal. “Setting a ‘SMART’ goal—Specific, Measurable, Achievable, Realistic, and Timely—was the key to my success,” he says. “And then following it was a must.”



10,000 Steps A Day

Roy always had trouble with mindlessly eating, especially out of boredom. “So when I was shown different, effective ways of changing that, I felt I could minimize and eliminate those behaviors,” he explains. “I was also given a pedometer and I cannot emphasize enough how important that was.”

The first few days, Roy did 3,000 and 4,000 steps and thought he was doing okay. But after reviewing the MOVE! Booklet, he saw that 10,000 steps should be the daily goal! “I realized just how little I was moving, so from that day on, meeting this goal was a necessity,” he says. “The ‘move’ part of the program paid the most dividends for me.” After learning all the different methods of strength training—exercise bands, dumbbells, isometric and isokinetic exercises—he saw that there weren’t any reasons for *not* exercising, even with his bad back, ankles, and knees.



Credit Due

Roy’s original goal was to lose 14 pounds during the course, but he lost 21 pounds and 3 inches around his waist, during the group sessions. “I have to give much of the credit to the program in general, and to my dietitian Gina Foltz in particular,” Roy says. “Throughout the course, she kept me motivated, and witty quips—like, “don’t inflate, use a smaller plate”—kept things interesting for me.”

Roy continues to receiving a short lesson and weigh-in daily through TeleMOVE!, and he just keeps shedding pounds. “I expect to maintain the weight loss and continue to lose even more,” he explains. “I’ve seen a fairly steady weight loss over the past 5 months.” Roy’s lost 37 pounds overall, and his A1C is now in the acceptable range. “Losing this weight is like taking almost 150 pounds of pressure off of my knees,” he says. “I just feel much better and it’s a lot less painful to get around.” Roy continues to raise his exercise goals, and recently set 100,000 steps per week as a new fitness goal.

Enthusiastic Praise

After achieving so much through MOVE!, Roy has big praise for the program. “To say that I’m enthusiastic about MOVE! would be an understatement! After many failed diet attempts, I have successfully made a true lifestyle change,” he says. “Be it taking off a few pounds or generally improving your health, I encourage everyone to use this very valuable resource and enroll in the program.”