

The Only Thing That's Worked: **VETERAN WARREN PENNINGTON DISCUSSES HOW THE** **MOVE![®] COACH MOBILE APP HELPED HIM LOSE 45 POUNDS**

Tell us about your history with weight.

“Twenty years ago, I was up to 290 pounds. Even though I was able to lose some of that weight, I’d always go back up and down—I was yo-yo-ing. Over the years, I tried every fad diet. Even though they worked, I couldn’t maintain the loss. As soon as I’d go off a diet, I’d put on some pounds.”

What motivated you to get started with MOVE! Coach?

“I participated through the South Texas Veterans Health Care System (STVHCS) at the time. When I returned home, I didn’t want to drive to my local VAMC once a week to do the MOVE! classes (Shreveport, LA). Once I found out about MOVE! Coach, I was all about it! It allowed me to stay at home to lose weight, but still talk to my clinician, which was very helpful. When I started MOVE! Coach, I got serious about wanting to lose weight and maintain it. MOVE! Coach was my first experience with VA’s MOVE! Program.”



How long did you use MOVE! Coach?

“I did it for 19 weeks. I’m still using the program and keeping my diaries, just not as diligently. I started MOVE! Coach weighing 230 pounds and it helped me get down to 185 pounds!”

What did you like most about MOVE! Coach?

“The diaries were my favorite, and I liked that I didn’t have to buy ‘diet food.’ Before MOVE! Coach, I was eating so many calories! With MOVE! Coach, I started eating 1,800 calories a day for 2 weeks—before, that was my breakfast alone! MOVE! Coach helped me realize that all foods could fit. We kept the recipes we had, but put them into the recipe section of the diet diary so we knew just how much to eat—same food, just better portions! My wife and I eat out a lot, and that hasn’t changed. But now, I can go to the restaurant, punch in what I was planning to eat, see how many calories it has, then

decide if I'm going to eat it. I also really enjoyed MOVE! Coach's videos and games, and learned a lot from the Self-management guides."

Compared with other programs you've tried, what about MOVE! Coach worked for you?

"The consistency and accountability—it was doable, with daily reinforcement and reminders. With MOVE! Coach, I get something every day, versus once a week with other programs. It helped me get incredibly structured about tracking what I did on a daily basis. Ultimately, you have to hold yourself accountable, but there's a note in your file, and it's about what you did. Using the MOVE! Coach graphs also gave me visual reinforcement, and the diaries really held me accountable. The entire program is really well thought out!"

How's your health now?

"Before MOVE! Coach, I was taking 5 insulin shots a day to manage my diabetes, and my A1c was 9! I'm no longer on insulin and my A1c is now down to 7.2. That's pretty cool!"



And are you more physically active?

"Yes, with MOVE! Coach, I'm able to be much more active! Before, I was somewhat active, but I wasn't consistent or using a structured exercise program. Now, I use a pedometer to track the 10,000 - 12,000 steps I take each day doing routine work on my ranch. You don't have to do organized exercise to be 'active'—any activity that moves you is good!"

How's your life different now?

"I find that now that I've lost the weight, I'm able to do a lot more! My hips, knees, and ankles don't hurt any longer. But there was an expense to the program—I had to buy a new wardrobe!"

What should other Veterans know about MOVE! Coach?

"Do it, just do it! It's the only thing that's worked for me!"