



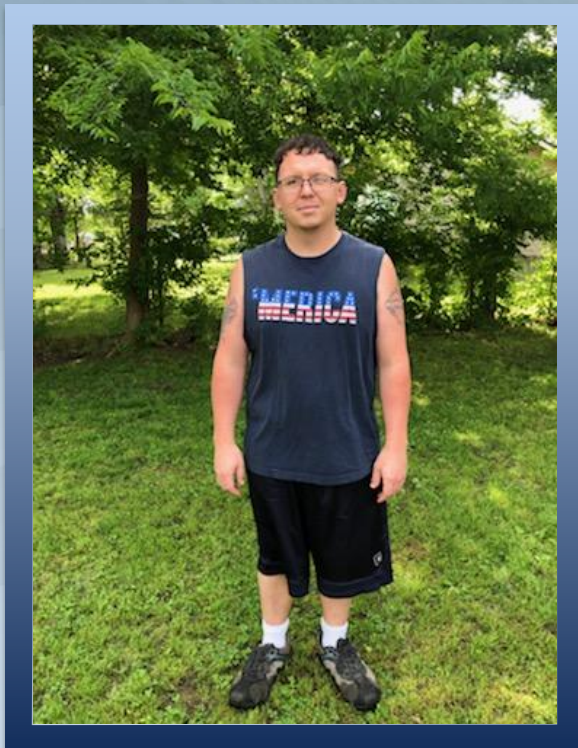
Success Stories

Healthy Living Matters. Prevention Works.

Determined to Care

VETERAN ALEX BOYETTE FOUND THE INSPIRATION HE NEEDED TO START CARING ABOUT HIMSELF AGAIN. THE RESULT: BETTER HEALTH AND SELF-ESTEEM.

Alex got support from the MOVE! team at the Eastern Oklahoma VA Health Care System in Tulsa, OK, to build a new lifestyle and create lasting changes in his life.



Tired of Being Tired

After Alex left the Army in 2014, he began gaining weight rapidly. “[I] just didn’t care,” he explains, but as his health began to suffer, his attitude changed. “I wasn’t feeling good about myself,” he recalls, “and I was even getting dizzy tying my own shoes.” In the summer of 2020, Alex’s primary care provider recommended the MOVE! Weight Management Program for Veterans. Alex joined and opted for one-on-one sessions with dietitian and MOVE! Coordinator Andrew Wunder.

Setting a New Course

Alex invested in change from the very start of his MOVE! journey. Soon after his first meeting, he made adjustments to his diet, and stopped eating the unhealthy foods that had contributed to his weight gain. He began to compose his meals with healthier options, adding more fruits and vegetables. Alex also became more active, enjoying exercise and long trail walks with his family while exploring different parks near their home in Tulsa.

Adding up the Health Benefits

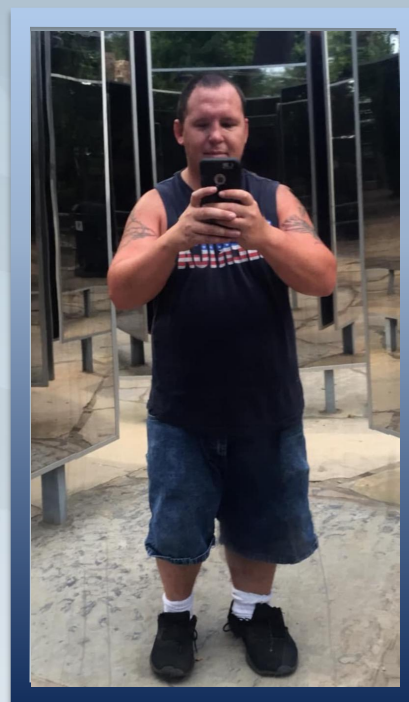
Since joining MOVE! last year, Alex has lost over 60 pounds and dramatically improved his overall health! "I feel so much better than I did last year," he explains. He no longer struggles with sleep apnea, breathes better, sleeps better, and enjoys the benefits of increased energy.

Sharing the Credit

Alex thanks his MOVE! Coordinator, Andrew Wunder, for his ongoing encouragement and support throughout his weight loss journey. Just as important, though, was the constant support he received at home from his wife and his children.

“It’s free, and it helps...you will feel better, [and] you will get better.”

– Alex Boyette



Still Pushing Forward

While Alex has already achieved remarkable weight loss success, he continues to work toward his weight loss goals. He plans to continue his monthly meetings with Andrew to help him maintain a healthy lifestyle.