



Success Stories

Healthy Living Matters. Prevention Works.

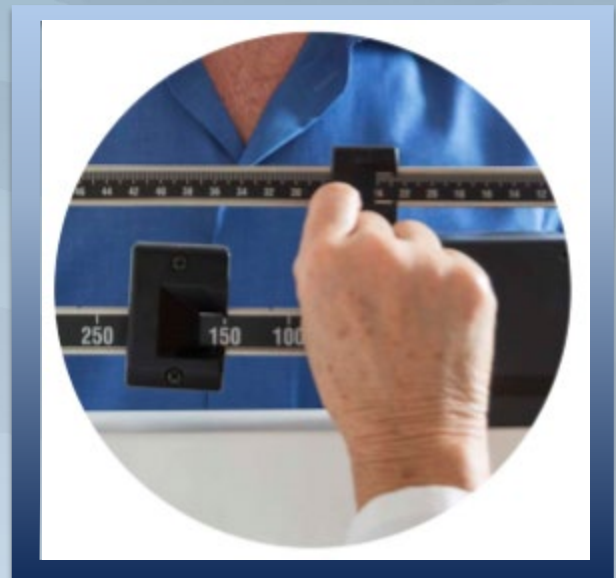
Monthly MOVE! Meetings Made a Difference

ALLEN GOLDBERG ACHIEVED SUCCESS WITH THE SUPPORT OF HIS NORTHPORT, NY, MOVE! TEAM AND FELLOW VETERANS.

Read the full story to learn more about how Allen's participation in MOVE! group and individual sessions led to weight loss success and better health.

Allen Learns About MOVE!

According to Veteran Allen Goldberg, his weight gain began after leaving service in the Navy. He continued to gradually gain weight until he experienced a heart attack in 1996. At that point he weighed over 300 pounds. He had managed to lose some weight, but slowly regained it which led his VA Primary Care provider to offer information about the MOVE! Weight Management Program for Veterans.



Inspired and Thankful

After attending MOVE! at the Northport, NY, VA Medical Center, Allen was thankful for the resources available to help him become a MOVE! success story. Humbly, Allen says, "I don't see myself as a success story...this story is a continuous one. With the help of the MOVE! program, especially my monthly individual meetings and having [learning] resources available to me, my story continues. Therapy and anger management, along with good, caring, compassionate, and understanding people have meant a great deal to my being healthier and happier!"

Keeping it Going

Allen participated in MOVE! individual and group sessions. In two years with the Northport MOVE! team, Allen has lost more than 45 pounds. Focused on eating wisely, he is learning about food and making better food choices while dealing with PTSD and depression. He has more energy now and has set a physical activity goal to walk more with his service dog. "I need to move more and my dog, Millie, works hard to keep me moving." He even joined a gym for the first time in years!

“Go! relax, enjoy, and stay connected. Meet some wonderful people in MOVE! and take advantage of the excellent resources available for your health.”

– Allen Goldberg

Maintaining Weight Loss

Allen continues to work with his MOVE! team and says, "Losing a few pounds a month by making good choices seems to work for me." He has managed to keep the weight off by participating in MOVE! group sessions, and Allen also says, "Meeting monthly with MOVE! Coordinator Lisa Angadi has kept me on track. All my questions are answered and her support has been comforting. Keeping this MOVE! connection is so important because I want to extend my life to enjoy the people and my grandkids who I really care about."