



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Thrilled about MOVE!***

***ANIKA QUINN THOUGHT SHE HAD TRIED EVERYTHING AND THAT WEIGHT LOSS WAS SIMPLY IMPOSSIBLE FOR HER.***

Then Anika met the MOVE! team at the Durham, NC VAMC and made her weight loss goal a reality with by losing 29 pounds, 2 pants sizes and 4 inches around her ribcage!



***"I thought I had tried everything."***

After five years of trying to lose weight with everything from counting calories, to protein shakes, to weight loss supplements and even simply starving herself, Anika was introduced to MOVE! by her primary care team at her annual physical. She began attending MOVE! group sessions, and continued with MOVE! for about one year.

## ***Information and support***

Anika describes the MOVE! group sessions as being both informative and enjoyable due to the support of the other Veteran participants. "I learned a whole lot about my diet and...how to improve my diet, eat fewer calories and not feel hungry all the time. I also enjoyed talking to the other Veterans and feeling like I was not alone."

## ***A tremendous amount of help***

"At home, my boyfriend, children and friends encouraged me on a daily basis. I also felt very supported by the other Veterans. I received a tremendous amount of help from my VA dietitian, exercise physiologist, and the teachers in the classes."

## ***Positive change***

Anika shared that after 6 months of significant life stressors challenging her ability to maintain a healthy diet, she was able to make positive changes. "I have greatly increased my water intake as well as my level of activity. I am walking several times a week with my dogs (who love the attention)...doing martial arts once a week...and hiking again. I have also noticed it is easier for me to do my job."

**“ Since my weight loss I have found it much easier to be active.”**

**– Anika Quinn**



## ***Anika's message to others***

"I highly recommend the MOVE! program to any Veteran who is struggling with his or her weight."