



# Success Stories

Healthy Living Matters. Prevention Works.

## *Commitment and Hard Work Pay Off*

**VETERAN ASHLEY LAGANIERE WAS IN THE BEST SHAPE OF HER LIFE WHEN A BACK INJURY AT AGE 19 STARTED HER DOWN A PATH OF CHRONIC PAIN, A SEDENTARY LIFESTYLE, AND STEADY WEIGHT GAIN.**

Since joining the Minneapolis VA MOVE! Program and undergoing bariatric surgery in 2017, Ashley has lost 100 pounds and feels like a whole new person!



### *She Tried Everything*

Ashley Laganieri suffered a back injury while on active duty in 2004. After the injury, the recovery process and chronic pain led her to a sedentary lifestyle and steady weight gain, which resulted in additional health issues. Ashley tried everything from the Atkins diet to dietary supplements to calorie counting without success. In May 2017, Ashley's friend and fellow Veteran told her about her own successful experience with VA's MOVE! Weight Management Program for Veterans, so she decided to give it a try.

### *Finding the Right Option*

Ashley was surprised to learn that MOVE! offered a variety of ways to participate. She started out with TeleMOVE! but it was not the right fit for her so she began attending individual MOVE! visits with a dietitian which helped prepare her for bariatric surgery.

### *The Best Decision of Her Life*

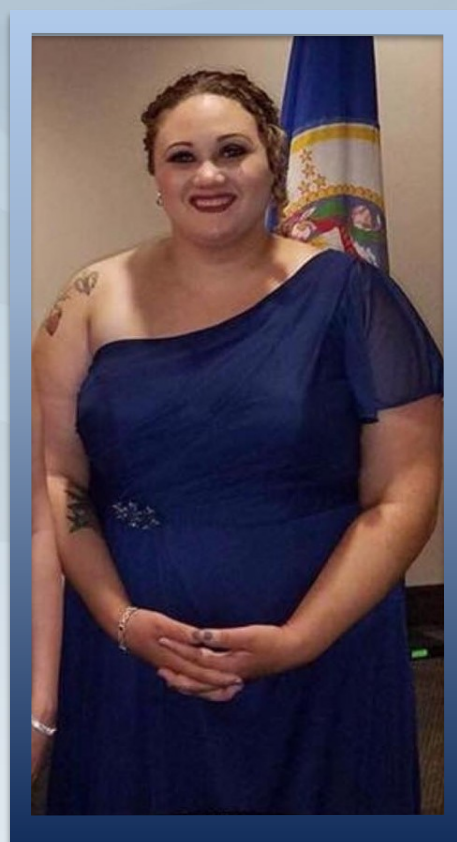
Ashley says that at her first MOVE! visit, she realized she was the heaviest weight she had ever been. This motivated her to become very disciplined with her eating and the weight began to drop off. She underwent bariatric surgery in December 2017 as says "It was the best decision of my life!"

### *Feeling Great!*

Since joining MOVE! in 2017, Ashley's weight decreased from 258 to 158 pounds for a 100 pound weight loss! Ashley says she has more energy, feels happier, and is able to keep up with her toddler. She also finds it easier to make healthy food choices. She continues to watch what she eats and is sure to get plenty of lean protein and vegetables, while bread, potatoes and sweets are a rare treat. Overall, Ashley says she feels like a whole new person!

“MOVE! works! You have to be ready to commit and work hard but the payoff is worth it.”

– Ashley Laganiere



### *Support to Stay Focused*

In addition to the support from her family and friends, the MOVE! team helped Ashley stay focused on her goals.