



Success Stories

Healthy Living Matters. Prevention Works.

Finding a Solution and Losing Weight With MOVE!

VETERAN BILL EPPENSTEIN EMBRACED HEALTHY LIVING USING STRATEGIES HE LEARNED IN TELEMOVE! AND ENDED A YEARS-LONG STRUGGLE WITH WEIGHT.

With the help of the MOVE! team at the Edward Hines, Jr. VA Hospital in Hines, IL, Bill developed a healthier lifestyle and is now celebrating his success and health benefits.



Taking the First Step

Before enrolling in the MOVE! Weight Management Program for Veterans, Bill had struggled with his weight for years. In 2019, when Bill took his first step toward better health by participating in MOVE!, he weighed 282 pounds and suffered from health problems related to his weight. Physical activity often left him short of breath and he needed to take insulin regularly to manage his blood sugar levels.

The “Grandkid Effect”

While his health was a primary motivator in his decision to work toward a healthier weight, Bill also found motivation in those around him. He cites his grandkids as a source of inspiration for his focus on improving his health.

Part of a Team

Bill thanks his TeleMOVE! Care Coordinator, Mike Fornaris, for his guidance and support throughout his weight loss journey. With Mike’s help, as well as that of the rest of the MOVE! Team members, Bill developed a new lifestyle with healthy eating and exercise habits to help him lose weight, keep it off, and feel good again.

Achieving Success

After a year of participating in MOVE!, Bill has made great progress with his weight. So far, he has lost over 70 pounds and ten inches from his waistline! Now, Bill continues to incorporate his healthy habits into his daily routine. His mobility and fitness have improved, and he no longer requires insulin.

“The program was very helpful for me, and it was pretty easy for me to lose weight.”

– Bill Eppenstein

