



Success Stories

Healthy Living Matters. Prevention Works.

From Yo-Yo Diets to Successful Lifestyle Change

VETERAN BILL "BIGBIL" HAMILTON CREDITS HIS VA SUPPORT TEAM AND HIS WIFE FOR HELPING HIM ACHIEVE A 90-POUND WEIGHT LOSS.

BigBil achieved big weight loss success using TeleMOVE! and MOVE! Telephone Lifestyle Coaching offered at the Polk Street Community Based Outpatient Clinic, VA North Texas Health Care System.



Weight loss Struggle

"I have been on yo-yo diets all of my life. I was nothing but skin-and-bones from birth to the age of 5, then I discovered food...I never stopped growing since. After a while, I stopped trying to lose weight. My family told me it was from my mother's side of the family. They were all large people. So I started to believe this, and I just ate. I tried lots of diets, but sooner or later food took over."

Biggest Motivation

"I really got motivated to start MOVE! in May of 2017. I have degenerative arthritis in my hip and left knee and all the weight was killing me. It was just a matter of time before I would become immobile. I was going to be confined to a wheelchair or maybe even a bed if I did not lose some weight and there was no way my wife could handle such a big man. My VA provider asked me if I was interested in the MOVE! Program; I said yes. I even signed up for elective surgery, but after I saw the results of the weight loss, I cancelled the surgery. In May 2017, my top weight was 410 pounds and my BMI was 56. In July 2018, my weight was 320 and my BMI 44.1, after my 90-pound weight loss."

Success with Support

"I plan on losing more weight. My ultimate goal is to be 250 pounds. I have a tremendous support team with the VA Medical Center in Dallas, Texas. I also have support from my lovely wife. When I first started the program, she would have nothing to do with it. She said, 'We have done this too many times before and you will not follow through.' I was on my own. But, when the weight started sliding off and she could see the changes, she got on board. My wife started reading the materials and doing the program herself. We have lost over 165 pounds together! It would not have been possible without my VA support team, my wife, and everyone helping me to believe in myself. Thanks to everyone!"

“MOVE! worked for me because of the support that I received. The team kept telling me that I could do it, and I started to believe in myself. The rest is history.”

—Billy “BigBil” Hamilton

Positive Life Improvement

"My life is a lot different now because I can move without so much trouble. I can do more household chores and woodworking for fun. My life has changed for the better because I get up in the mornings planning on things to do instead of planning on going out to eat.

When I started MOVE! I was taking 6 pain pills and using 90 units of insulin each day. Now I am down to 2 pain pills and 15 units of insulin a day. Wow, isn't that GREAT!

The MOVE! Program will work if you will work the program."