



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *New Habits That Stuck*

*VETERAN DALE MYRES STRUGGLED WITH WEIGHT PROBLEMS IN THE PAST, BUT WITH THE SUPPORT OF MOVE! HE HAS FOUND NEW STRATEGIES THAT WORK FOR HIM.*

Since Dale began his MOVE! journey at the Olin E. Teague Veterans Medical Center in Temple, TX, he has lost 36 pounds and continues to experience even more health benefits.



## *Taking Control of Pain*

Before joining the MOVE! Weight Management Program for Veterans, Dale Myres struggled with excessive knee and lower back pain that controlled his life. "After my work day, I hurt so much all I wanted to do was eat and get in my recliner. I got heavier and didn't want to exercise." His doctor told him that he needed to lose weight before getting a knee replacement, and offered a referral to MOVE!. Dale got the support he needed to meet his weight loss goals by participating in TeleMOVE! for one year and then completing the 12-week MOVE! group sessions.

### *Finding the Right Approach*

Dale had success losing weight in the past but couldn't keep it off. He worked with his MOVE! dietitian to follow a modified ketogenic diet and learned about portion control, hidden sugars, and carbohydrates in food. Dale also felt strongly supported by his wife, who modified her diet to match his. He now feels confident he can keep up with this keto diet and plans to follow it for the rest of his life.

### *Reaping the Benefits*

Along with shedding the unwanted 36 pounds and 6 inches off his waist, Dale has noticed many other positive changes in his health. His cholesterol and A1c levels have improved and he is even off blood pressure medications. The arthritis stiffness that led him to the MOVE! Program is gone. He is now able to move around more and enjoy activities like water exercising, walking, and traveling.

### *A New Way to Enjoy Music*

Since losing the weight, Dale is following his passion of playing the banjo at music festivals. He has received encouragement from others at the festivals about his weight loss and improved health. Dale is very pleased with his weight loss and hopes to lose another 31 pounds. He says to other Veterans "If you are serious about losing weight and improving your health, the MOVE! Program can and will help you achieve your goals!"

“ The MOVE! Program did a tremendous job of showing me how to control my food intake and build confidence to lose the extra pounds.”

– Dale Myres

