Taking the First Steps Toward Better Health

DETERMINED TO BECOME PROACTIVE ABOUT MANAGING HIS WEIGHT, DALE WHITNEY EMBARKED ON HIS PURSUIT OF BETTER HEALTH

Dale worked with the MOVE! team at the South Jordan VA Clinic in South Jordan, UT, to build a healthy lifestyle that would allow him to reach his goals.

Setting Out

Dale explains that as he began to have many age-related health concerns, he reached the conclusion that he could and should work to improve his quality of life. The first step was to enroll in the MOVE! Weight Management Program for Veterans. Dale shares that he initially set out to improve his heart health, blood pressure, and general fitness level. After a few MOVE! sessions, he realized that he could improve his health, and that it was his responsibility to embrace healthy changes.
**Finding His Motivation**

For Dale, striving for a healthy weight and working to improve his overall health reflected a fundamental desire. In his own words, “[I wanted] to be able to continue doing what I love independently in my later years.” This commitment to lifestyle change and better health, was an investment in himself to maintain the priorities that defined him.

**Learning New Lessons**

Among the benefits of Dale’s MOVE! journey was learning about mindful eating and drinking. For Dale, choosing more nutritious food and drink, as well as managing his portion sizes, helped him maintain his healthier weight. In addition to MOVE!’s emphasis on physical activity, these changes made “weight loss a side benefit” to his healthy habits.

**Reaping the Benefits**

Since starting MOVE!, Dale has lost 45 pounds and achieved benefits to his overall health. He sleeps better and has reduced his medications, and best of all, has more energy to enjoy his favorite outdoor hobbies, such as hunting, fishing, and hiking.

“*My health has dramatically improved, and I am looking forward to a long and healthy independent life of adventure.*”

– Dale Whitney