



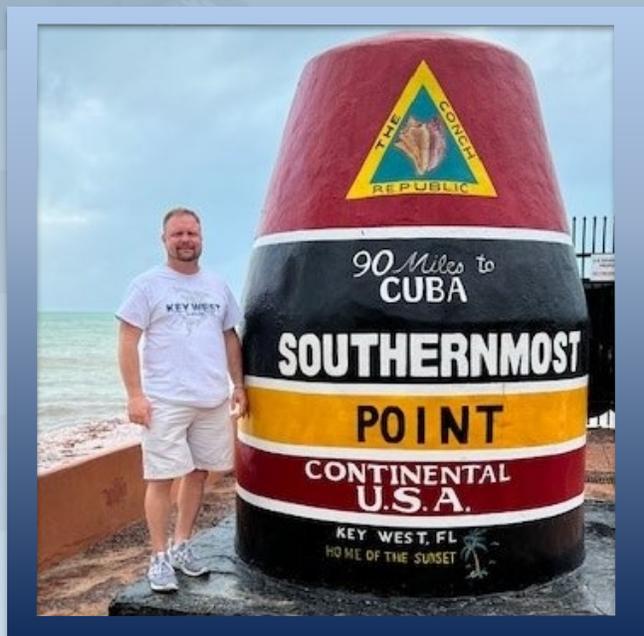
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Building a Path to Better Health*

*VETERAN DAMON MACKLIN WORKED TO DEVELOP A NEW, HEALTHY LIFESTYLE AND ACHIEVED SUCCESS IN MANAGING HIS WEIGHT*

Damon worked with the MOVE! team at the Edward Hines, Jr. VA Hospital in Hines, IL, to learn healthy eating and physical activity strategies that helped him reach his goal.



## *Ready to Change*

Damon shares that after his mother passed away, he became more mindful of his own health. During a vacation to Florida, he realized that he lacked energy and struggled to climb stairs. Damon realized that he was unhappy with his health and appearance and decided to make a change. His local VA clinic referred him to the MOVE! Weight Management Program for Veterans at the Edward Hines, Jr. VA Hospital. Damon started TeleMOVE!, which allowed him the comfort and convenience of his own home while he started his journey to better health.

## *Foundational Support*

After starting MOVE!, Damon quickly realized that it provided him with the tools he needed to achieve lasting success. His daily check-ins with the MOVE! team kept him accountable as he learned the small changes he could make to his habits to build a healthier lifestyle. Damon shares that he was surprised at the great impact these small habits could have on his overall health.

## *Part of the Whole*

Damon explains that along with the healthy eating strategies he learned with MOVE!, such as mindfulness of the types and portions of food and drink he consumed, increasing his physical activity made a big difference. He was inspired by a friend to join a gym and progress through a workout plan together. He shares that he now combines the lessons he learned with MOVE! along with these physical activity strategies to maintain his own healthy routine.

## *The Active Mindset*

Damon also shares that in addition to his daily target of 15,000 steps and several strength training sessions per week, he enjoys staying active by hiking and working around the house.



## *Achieving Success*

Since starting MOVE!, Damon has lost 45 pounds and continues to strive for even better health. He explains that since adopting his new lifestyle, he has improved his blood pressure, HbA1c, and regained a sense of confidence. He recommends MOVE! to all Veterans who are seeking to make a change in their lives, and wants them to know that even the smallest changes can have the greatest impact.