



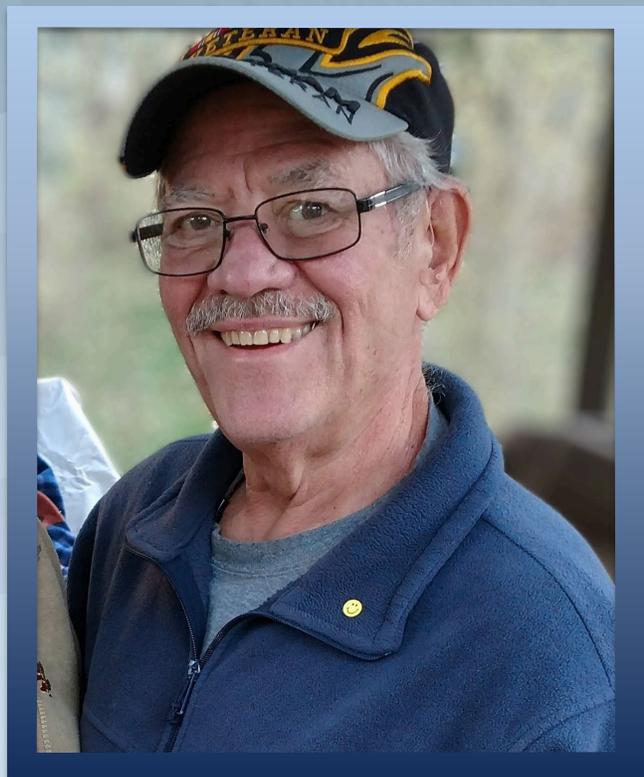
Success Stories

Healthy Living Matters. Prevention Works.

Ready to Make a Change

VETERAN DAVID COYER TOOK ADVANTAGE OF THE MANY TOOLS MOVE! HAD TO OFFER AND ACHIEVED HIS WEIGHT MANAGEMENT GOALS

David worked with the MOVE! team at the Aleda E. Lutz Department of Veterans Affairs Medical Center in Saginaw, MI, to build a healthy lifestyle.



Getting Involved

David struggled to maintain a healthy weight throughout most of his life, and especially after his retirement. At home with his grandson during the day, David says he made quick and easy meals and spent time “sitting around watching him play or watching TV.” He knew that it was time to change his habits, and when he learned about the MOVE! Weight Management Program for Veterans from a fellow Veteran, David decided to get more information. During a visit to his VA, he and his wife saw advertisements for MOVE! and together, they decided to give it a try.

The First Steps Forward

David started MOVE! in April 2019 and has availed himself of the many different options of care. He has attended group sessions with his wife, received individual support from his MOVE! team, attended cooking classes, and participated in exercise classes. David shares, "It has been a huge help that my wife is able to attend all the classes with me and we do the program as a team!" During the COVID-19 pandemic, he has enjoyed the convenience of virtual classes as well! He explains that using his FitBit fitness tracker along with these virtual classes has kept him focused and successful in his journey to better health.

A New Lifestyle

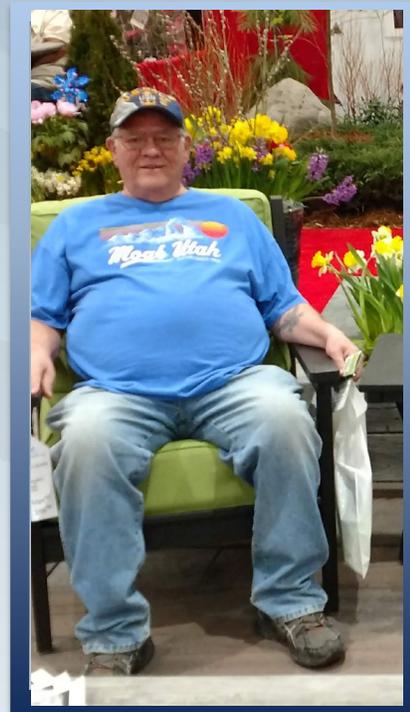
In addition to new physical activity habits, David and his wife are now mindful of the portions and types of foods they eat. Focusing on the combined impact of these positive habits, David has transformed small, simple changes into great, lasting success.

Reaping the Rewards

Since starting MOVE!, David has lost 40 pounds. He has also improved his heart health, lowered his blood sugar, and feels more energetic on a daily basis. "I started doing many more activities," he shares. "I didn't have the energy to do these types of projects before losing weight."

“ It is more than just a weight loss program. It is a great way to be part of a community... focused on healthy living goals with a dedicated MOVE! team to rely on.”

– David Coyer



Sticking With It

David explains that he plans to maintain his success by remaining committed to his new lifestyle. In addition to staying active, he will continue to be mindful of his eating and make healthy choices.