



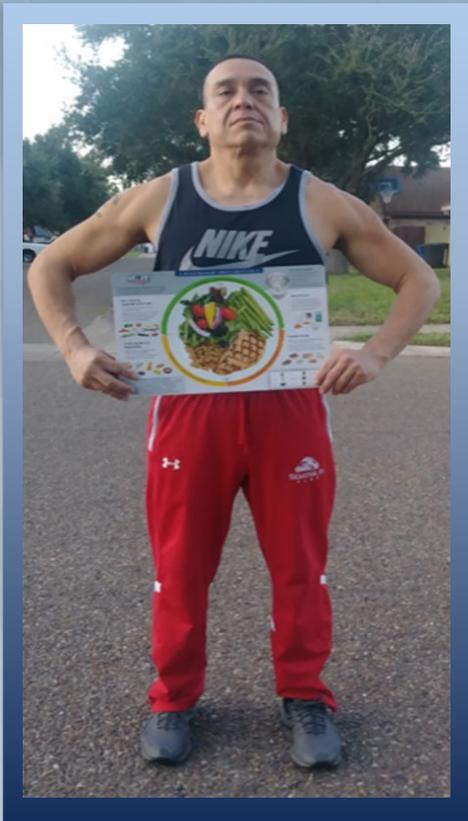
Success Stories

Healthy Living Matters. Prevention Works.

"[MOVE!] Has Saved My Life."

VETERAN DAVID PINA DEDICATED HIMSELF TO MAKING A CHANGE WITH MOVE! AND IMPROVED BOTH HIS PHYSICAL AND MENTAL HEALTH.

With the MOVE! team at the VA Texas Valley Coastal Bend Health Care System in McAllen, TX, and his family by his side, David rebuilt his lifestyle and reaped remarkable rewards.



Starting From the Bottom

After David underwent heart surgery in 2018, he realized that he needed to make a significant change to improve his health. "I just hit rock bottom," he explains, and "I needed to do something quickly." In addition to physical challenges presented by his weight, David also suffered from mental health issues. "I was depressed and frustrated because I couldn't move anymore," he recalls, "and my PTSD and anxiety got worse." Later that year, David joined the MOVE! Weight Management Program for Veterans with a goal to change his life for the better.

Try, Try Again

At first, David had trouble staying motivated with MOVE!, but he refused to be discouraged. After a few stops and starts, David stayed in motion and lost over 100 pounds in his first year with MOVE! Encouraged by this success, David returned to the program with renewed enthusiasm.

Twofold Success

For David, losing weight and developing a healthier lifestyle did more than just improve his physical health. “[MOVE!] has given me a reason to set short- and long-term health goals,” he shares, which has given David a more positive outlook toward his mental health, too. He praises MOVE!’s approach, sharing that establishing an overall healthy lifestyle has contributed to his great success. “[MOVE!’s] combination of nutrition, motivation, and exercise” was personally tailored to David’s needs and helped him understand how best to work toward improving his health.

Measuring Up

Since starting MOVE! in 2018, David has lost over 200 pounds! He has drastically reduced his medication and sees benefits in all aspects of life.

“I’m so grateful and blessed to be a part of MOVE!”

– David Pina



Support From the Team

David thanks his MOVE! team, as well as his caregiver spouse, for all their support throughout his journey. “I’m surrounded by supportive people,” he shares, “Thanks so much for always being there for me.”