



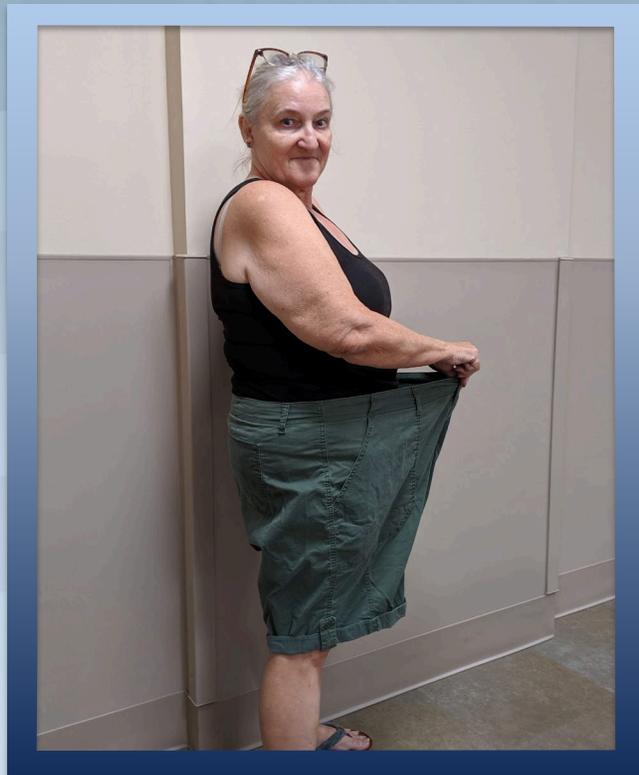
Success Stories

Healthy Living Matters. Prevention Works.

A Lifelong Commitment

DEBBI DESISTO IS READY TO LOSE THE WEIGHT AND KEEP IT OFF!

This is Debbi Desisto's second time through the MOVE! Program at the Southern Arizona VA Health Care System. She has lost 44 pounds already and is committed to sticking with it!



Getting Back on Track

Veteran Debbi Desisto reports struggling with her up and down weight for many years. She was originally referred to the MOVE! Weight Management Program for Veterans by her primary care physician and experienced some success during her first attempt, losing about 75 pounds! However, after about 18 weeks she stopped attending MOVE! sessions, and eventually she gained about 65 pounds back. Debbi knew something had to change and this time she had to stick with it!

Finding Her Motivation

During her first attempt at MOVE!, Debbi participated for about four months. Now, on her second attempt, she has been participating for over a year! Debbi is committed to sticking with the program to keep the weight off. This time, she says that her motivation came from “feeling like I was too big. My number was too big to be healthy for me.”

Program Support

Debbi benefitted from MOVE! by attending the group sessions at the Tucson, AZ clinic. The group’s support was helpful. “Hearing other people’s struggles, I could relate with my personal struggle.” After completing the in-person MOVE! Program, she now participates in the TeleMOVE! home telehealth program for continued weight loss and maintenance support.

Staying Healthy

As Debbi strives towards healthy living, she continues to attend MOVE! and other classes offered at her VA (yoga, Qi Gong, and Be Active and MOVE!). At home, she stays on track by keeping a food log and engaging with the daily TeleMOVE! Messages.

“It’s worth the time – it’s only 1 hour per week. If you follow the program it works!”

– Debbi Desisto

Weight Loss Benefits

Debbi is down 44 pounds (17.8% of her starting weight) and continues to try to lose weight and be healthy. Her waist circumference is 8 inches smaller than when she started. Debbi continues to experience the benefits of weight loss through her participation in MOVE!. She has lowered her blood pressure and has reduced her A1C from 7.4% to 6.1%!

Debbi is exceeding the physical activity goal for weight management by being active for more than 400 minutes per week! She says, “I feel better and I’m able to do more things.”