



Success Stories

Healthy Living Matters. Prevention Works.

Focused on a Mission

VETERAN DENNIS PALINO HAD ALWAYS BEEN HEAVY. HIS ATTEMPTS TO LOSE WEIGHT DID NOT LAST AND HE WOULD REGAIN POUNDS LOST.

With the support of his Bedford, MA MOVE! Weight Management Program team, Dennis was able to find the motivation he needed to reach his goals of losing weight, improving his health, and supporting his wife in her weight loss efforts.

Choosing the Right Option

Managing his weight was always a struggle for Dennis. He said that when he tried to lose weight on his own, he wasn't able to keep it off and whatever weight he lost he would gain back again. As for increasing his physical activity, this also proved challenging. Dennis recalls, "I could not motivate myself to exercise." He became concerned about his health. "Recently, my blood pressure was extremely high, and the doctor told me there were very few options remaining that would possibly lower my blood pressure. I decided I wanted to lose weight to reduce my blood pressure medications, improve sleep apnea, and to support my wife in her weight loss efforts."



Mindful and Focused

When Dennis went to see his primary care team to discuss the options for weight loss, he learned about MOVE! and he decided to participate in the group sessions. He found the support of the group and the information provided to be very helpful. "It was helpful being focused on a mission. I became mindful about my diet and serving sizes."

Finding the Motivation to Make Healthy Changes

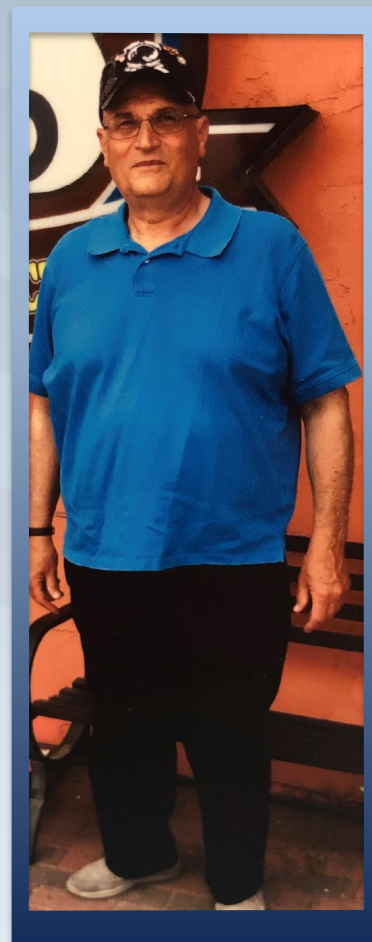
Armed with tools and resources, and access to a place to exercise, Dennis started making changes to his behavior that would add up to improved health and positive results. "I started drinking water instead of regular soda. I cut out added salt from my diet and replaced it with Mrs. Dash products. I also began using the VA gym 2-3 times a week at a minimum of 30 minutes each visit. I also started walking daily and using a treadmill or bike at home if unable to walk outside."

Positive Results Achieved

When he shared this story, Dennis had maintained a 54 pound weight loss for more than three months. He had lost 6 inches around his waist, his blood pressure and blood sugars were within normal ranges, and medications were decreased by half.

“I have more energy, feel great, and am more active.”

– Dennis Palino



Message to Fellow Veterans

"MOVE! is a great program. I encourage all Veterans to participate if they are committed to losing weight and getting healthy!"