



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Motivation For A Healthier Life*

*A HEALTH WAKE-UP CALL GOT THIS VETERAN MOTIVATED TO START MAKING CHANGES*

Veteran Doug Steen lost 67 pounds participating in the MOVE! Weight Management Program for Veterans at the Joliet, IL, Community Based Outpatient Clinic.



## *Needing To Change*

Veteran Doug Steen had been gaining weight for several years. He tried many ways to lose weight—joining health clubs, a global home gym, and the Atkins diet. In addition to high blood pressure and diabetes, a shoulder injury and knee replacement caused Doug to become increasingly sedentary. Informing him that his HbA1c was elevated, Doug’s primary care provider, Dr. Nandwani said “This is serious, Doug. I’m going to refer you to MOVE! and physical therapy.” Doug knew his health was being negatively affected but was still reluctant to make changes.

### *Getting Started*

Doug attended his first MOVE! session after Thanksgiving 2018. He also started attending physical therapy and began to move more. Doug began to understand the benefits of healthy eating and physical activity. This helped him understand the implications of health on his life. It motivated him to make changes for a healthier lifestyle so he could see his granddaughter grow up.

### *Finding Success*

Doug says nothing worked for him before the MOVE! Program. He really needed the education that linked his choices to his overall health. "I learned about nutrition and that helped me open my eyes to how I was eating and how that was impacting my health. I am more aware of what I'm eating." Doug is also more active—doing Pilates, walking, running, biking, and strengthening 5 to 6 times a week.

### *Maintaining Motivation*

Doug says, "Dr. Nandwani scared me, Matt Knight (RD) educated me, and my physical therapist got me moving again." Doug reports he no longer needs to take medications for his blood pressure or diabetes. "I am feeling better physically and can move around. I mentally feel better about myself."

“The only difference between FIT and FAT is I, and I can do this!”

– Doug Steen



### *Doug's Message*

Doug wants other Veterans to know, "Today is the day, there is no tomorrow. You've got to do it, you've got to believe in yourself. Just come to one MOVE! class and give it a shot. Just listen. You can change, I'm proof!"