



# Success Stories

Healthy Living Matters. Prevention Works.

## Motivated to Change

**VETERAN EDDIE DOUGLAS FOUND INSPIRATION TO BUILD A HEALTHIER LIFESTYLE AND HAS ACHIEVED GREAT WEIGHT LOSS SUCCESS.**

Eddie worked with the MOVE! team at the Fayetteville, AR VA Medical Center to develop the skills and techniques that helped him reshape his life.



## Heeding the Sign

Eddie shares that before starting MOVE!, he had struggled with his weight for about ten years. "I tried small diets here and there," he explains, "[I] lost weight fast [but] gained it back even faster." During a visit with his VA provider Paul Dobbs, he realized that he had to make a lasting change. "I used to walk 50 feet," Eddie recalls, "then...start huffing and puffing." Eddie knew that he had to find a lasting solution to improve his health and fitness, and he found it in the MOVE! Weight Management Program for Veterans.

## ***Working from Home***

Part of why MOVE! worked for Eddie was the convenience and accessibility of TeleMOVE! The convenience of telephone check-in calls with his MOVE! team allowed Eddie to put the information he learned into practice from the comfort of his own home. For Eddie, these regular calls, along with his consistent weight tracking, helped keep him accountable throughout his weight loss journey.

## ***Strength from Support***

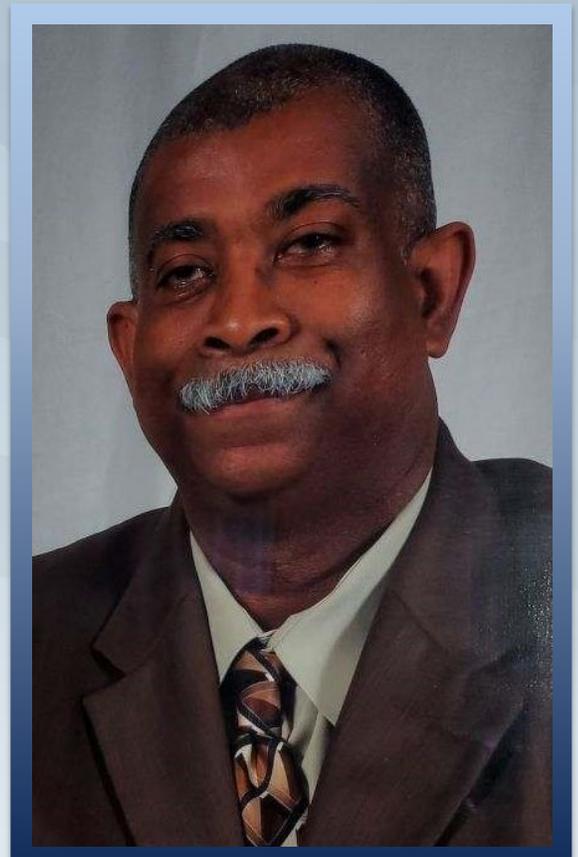
Eddie's efforts to lose weight and improve his health were boosted by the encouragement of his friends and family. His daughter, his neighbor and his MOVE! Dietitian, Tammy Hamilton, all supported Eddie as he worked to change and improve his lifestyle.

## ***A Twofold Approach***

Eddie has been so successful with MOVE! because he has committed to changing both his eating and physical activity habits. Before MOVE!, Eddie often ate unhealthy foods and large portions. Now, he carefully counts calories and chooses healthier foods. Just as important is his bike riding habit, which has helped him "get up off that couch" and improve his physical fitness. Eddie now rides 30 miles five times per week!

**“If you stick with [MOVE!]- it should work for you.”**

**– Eddie Douglas**



## ***Deserved Success***

Thanks to his motivation to change and commitment to all that he learned with MOVE!, Eddie has lost over 120 pounds. He's still pushing for more, however, as he shares, "I'm not done yet!"