



Success Stories

Healthy Living Matters. Prevention Works.

No Time for Excuses

VETERAN EZEQUIEL RIVERA SET OUT TO MANAGE HIS WEIGHT AND SOON EARNED BETTER HEALTH AS WELL

With the help of the TeleMOVE! team at the VA Central Texas Healthcare System, Ezequiel took the necessary steps to build a healthier lifestyle and achieve his weight management goals.

Finding His Motivation

Ezequiel struggled to maintain a healthy weight throughout his military career, and when he retired from service, it became even more difficult for him. "I tried joining the local gym," he explains, "but [I] was never motivated enough to go." When his VA provider informed him that the MOVE! Weight Management Program for Veterans has a TeleMOVE! option that allows Veterans to participate in the program from home, Ezequiel decided to give it a try. Within a few days, he received the materials and guidance he needed to start making lasting changes. Along with those tools came the motivation he "had not felt since [his] early years in the Army."



First Steps

One of the first changes Ezequiel made in building his new lifestyle was to begin walking daily to stay active. “The first week was very hard,” he recalls, but he committed to his new routine. He also began to track his food and beverage intake and to be more mindful of the size of his portions. Ezequiel cut out his late night snacking by creating a designated time for dinner and only drinking water afterward.

Early Results

After about three weeks, Ezequiel explains, “I started seeing results that motivated me even more.” He added light weight training to his physical activity routine and supplemented his walking with slow jogging. Even though this increase in physical activity was a challenge, Ezequiel decided that he “[wouldn’t] make any excuses.”

Commitment Leads to Success

Ezequiel kept to his new lifestyle, and within six months he lost over 60 pounds and 10 inches from his waistline. He shares that while “I still struggle with my disabilities [but] they are easier to deal with now. I manage a lot better [and] sleep better as well.”

“Give [MOVE!] a try and be honest with yourself every step of the way. It’s not easy, but very rewarding.”

– Ezequiel Rivera



Sharing His Journey

What made MOVE! so effective for Ezequiel is that he saw it as a “whole team effort.” This, combined with his food, beverage and weight tracking helped keep him accountable. Knowing that his MOVE! team and wife were watching and rooting for him, he was determined to show what he could do.