



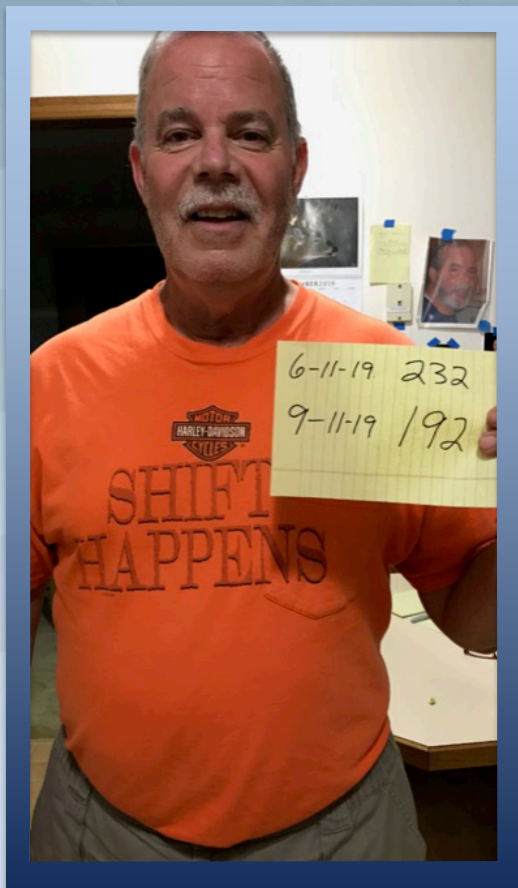
Success Stories

Healthy Living Matters. Prevention Works.

Lifestyle Changes Lead to a Whole New Life

WHEN VETERAN GREG PETERSON REALIZED THAT SHORT-TERM FIXES LIKE SUPPLEMENTS AND SHAKES DIDN'T LAST, HE DECIDED TO GIVE MOVE! A TRY.

After participating in MOVE! Telephone Lifestyle Coaching at the Minneapolis VA Healthcare System, Greg has lost 40 pounds and is embracing his new lifestyle!



Quick Fixes and Setbacks

Greg struggled with his weight for much of his adult life. He tried weight loss supplements, over-the-counter pills, and shakes but says, "I'd lose 10 pounds and then give up because it wasn't sustainable." When he saw photos of himself, he realized he was following the same path as his dad and brother, who were both overweight and had heart disease. Greg had a heart attack in 2007 and was determined not to have another. For several years his VA primary care physician encouraged him to participate in the MOVE! Weight Management Program for Veterans but Greg was not ready. Then in April 2019 his doctor told him it was time to get serious about his health and Greg accepted a referral to MOVE!

Preparation is Key

When Greg started MOVE! Telephone Lifestyle Coaching, he was skeptical but open to the suggestions of Grace, a MOVE! dietetic technician who he spoke with during 12 weekly calls. He says, "For me, preparation was the hardest part. It took me a few weeks to figure out my menu but after that it was easy." Now he plans ahead and prepares his meals for home, work and travel. He uses the MOVE! Healthy Plate tool and chooses foods that fit his plan, like lean meats and vegetables. He has learned to manage his portions and cook healthy food that tastes great!

Healthier and Happier

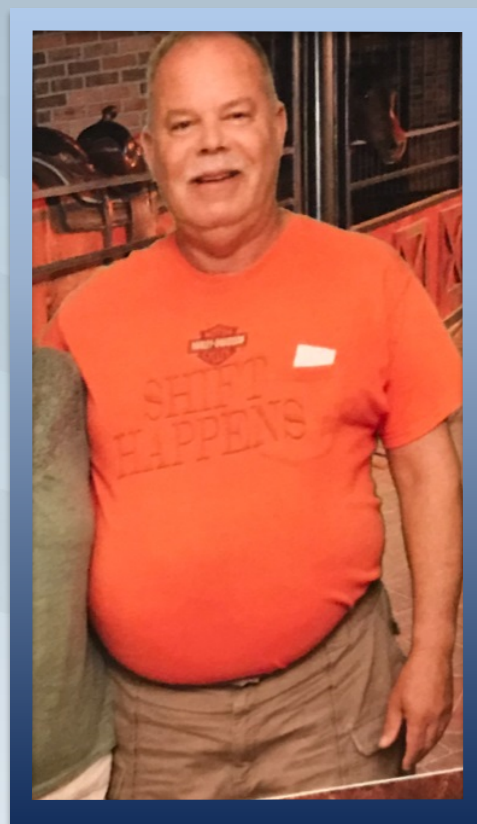
Greg's weight went from 232 to 192 pounds between June and September – a 40 pound loss! He takes daily walks and does strengthening exercises and can even put on his shoes with ease – something he couldn't do before his weight loss. Greg has more energy and his wife has noticed that he is happier and seems to enjoy life more.

Accountability and Results

For Greg, weekly calls from Grace kept him accountable. Greg's wife, Mary, supported and encouraged him throughout the process and seeing results helped him stay on track. Instead of a short-term diet, Greg views the way he eats as a new lifestyle. His next goal is to lose an additional 15-20 pounds, which he hopes will allow him to take fewer medications.

“Try MOVE! and you'll see results. It won't happen overnight but it's life-changing.”

– Greg Peterson



Greg's Message

Greg wanted to share his story to help other Veterans get connected with the MOVE! Program. "If you've tried other things that haven't worked, try MOVE! Once you see the results, you'll keep going. Everything I eat tastes good and eating the right food *feels* good. It's a life changer. Period. I have a whole new life."