



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Walking the Path to Better Health***

***VETERAN GREGORY MARTIN USED SIMPLE LESSONS FROM MOVE! TO CHANGE HIS LIFESTYLE AND REACH A HEALTHIER WEIGHT.***

Gregory adopted new diet and exercise habits he learned with the help of the MOVE! team at the Fort Harrison VA Clinic in Helena, Montana.



## ***Realization and Reaction***

Gregory began to struggle with his weight after he retired in 2016. In addition to the weight, he began to notice that he tired more quickly and lacked the energy he needed to complete his household tasks. Worst of all, he shares, "my clothes did not fit and I felt embarrassed about my looks." After he was diagnosed with high blood pressure, Gregory realized that he needed to change his lifestyle. At his doctor's recommendation, he enrolled in the MOVE! Weight Management Program for Veterans.

## ***A Group Effort***

Gregory enrolled in MOVE! group sessions where he discovered that working together with his fellow Veterans helped him stay focused. "Once I joined," he explains, "I found that being with others trying to lose weight was so helpful, [both in] talking to others and everyone encouraging each other." In his group sessions, Gregory learned to set achievable goals regarding diet and exercise. He also had support at home, where his family's positive response to his weight loss kept him motivated to work even harder.

## ***Lasting Changes***

Once he achieved his goal weight, Gregory shifted from group sessions to TeleMOVE! to help maintain his healthy living habits. He now makes an effort to choose better foods and eat smaller portions to control his calorie intake. In addition to adjusting his diet, Gregory now stays active by walking at least 10,000 steps per day. For him, the twofold approach of diet and exercise have helped him manage and maintain his weight loss success even after completing his MOVE! experience.

**“ [MOVE!] is a great program. It helps you change your...habits and the way you look at food.”**

**– Gregory Martin**



## ***Reaping the Benefits***

In addition to losing over 50 pounds and two inches from his waistline, Gregory feels the positive effects of his new lifestyle every day. "I have more energy [now]," he explains. "I love working outside." His sleep quality is also improved and he no longer needs blood pressure medication!