



# Success Stories

Healthy Living Matters. Prevention Works.

## A Custom Fit

**WORKING WITH HER MOVE! TEAM, IVELISSE "IVEY" BOWMAN FOUND HER PERSONAL PATH TO WEIGHT LOSS.**

Ivey's story highlights MOVE!'s flexibility to fit each participant's needs. With a program tailored to her, Ivey has lost over 60 pounds overall, including 40 since joining MOVE! less than a year ago!



## A very good reason to MOVE!

Veterans choose the MOVE! Program for dozens of reasons. Of course, losing weight is usually foremost. But some Veterans have specific health issues to address, while others may want to improve their appearance and self-image.

For Ivelisse "Ivey" Bowman, a patient at the VA Caribbean Healthcare System in San Juan, PR, part of the motivation to join MOVE! was even more basic: "To be able to walk."

### ***Tailoring her MOVE! experience.***

Ivey's weight "ballooned," as she described it, to 269 pounds after she quit smoking. Her inability to walk easily, along with trouble breathing due to COPD, was more than enough for her VA doctor to refer her to the San Juan MOVE! Program. But Ivey had reservations.

"[I was] hesitant," she recalls. "Other MOVE! Programs are group driven; I did not want that." When Ivey shared these concerns with her care team, they collaborated with her to find a solution. Instead of joining a MOVE! group session, Ivey would work directly with her MOVE! coach in individual sessions.

### ***MOVE!'s flexibility brings results.***

It was a perfect fit. By teaming, as she put it, "one-on-one [with] someone that did not push, but listened and gave advice," Ivey felt comfortable—and started to get results. "Positive reinforcement from VA staff helped keep me on track," she said. "I followed the meal suggestions and was able to feel full while at the same time losing weight."

Ivey had lost nearly 20 pounds before joining MOVE! Since starting with the program in April 2017, she has shed *another* 40, going from 253 pounds to 212. She's dropped from a size 28 to size 20. And that's not all.

"[I am] able to walk some now," Ivey said.

“**MOVE! is flexible, and tailored to help the Veteran.**”

– Ivelisse “Ivey” Bowman



### ***Ivey's MOVE! journey continues.***

Ivey has finished her MOVE! sessions at VA Caribbean, as she is moving back to the U.S. mainland. But like most Veterans who take what they experience with the program to heart, her MOVE! journey is not over. "[I am] still working on losing weight," Ivey said. And, she adds, she is "able to remember to control cravings and to eat healthy."

Finally, as someone who had her own doubts about joining MOVE!, Ivey has a message to Veterans considering the program: "It does help—if you give it a chance."