



# Success Stories

*Healthy Living Matters. Prevention Works.*

## Getting Back on Track with MOVE!

**AFTER SUFFERING A STROKE, VETERAN JACKQULYN COX COMMITTED TO THE MOVE! PROGRAM AND KICKSTARTED HER RECOVERY TO HER "BETTER SELF"**

With the help of the MOVE! team at the Mountain Home, TN, VAMC, Jackquelyn learned healthy habits and changed her lifestyle for good.



### ***A Challenge and Response***

Though Jackquelyn had long held an interest in losing weight, her commitment grew substantially after she suffered a stroke in 2018. The recovery period led to weight gain, and while she was focused on her overall health, Jackquelyn knew she needed to make a change. "I didn't want to continue that path," she recalls. "I didn't want to be miserable." When she was informed that her enrollment in the MOVE! Weight Management Program for Veterans was a preliminary step in her continued weight loss, Jackquelyn came to it "with a purpose."

## ***The Right Mindset***

Jackquelyn had briefly experimented with the MOVE! Program once before, but she credits her changed perspective for her success this time around. "I tried to work the program before," she claims, "but this time... I allowed it just to happen." Beyond simply following instructions for completion's sake, Jackquelyn found success in building personalized diet and exercise plans based on her understanding of the MOVE! Program's philosophy.

## ***A Lifestyle Change***

For Jackquelyn, her weight loss success came not from focusing on a diet mentality but instead from valuing general lifestyle changes. From building and maintaining a schedule to choosing "quality food items" that fit her needs, Jackquelyn's daily habits and choices helped her stay motivated and accountable throughout her journey with MOVE!

## ***Signs of Success***

Since beginning the program, Jackquelyn has lost nearly a dozen pounds. She plans to stick with her new healthy habits and keep moving forward to her goal.

**“I would like to be that better version of myself...through this process, I can say that I am.”**

**– Jackquelyn Cox**

## ***The Importance of Support***

Jackquelyn continues to find success through the MOVE! Program by virtue of her effort and commitment, but just as important to her mission is the support she has received both from the Mountain Home MOVE! Program staff and her own friends and family. Jackquelyn cites the constant availability of staff for information and encouragement as especially helpful, and recalls that her family made a great difference by accommodating and assisting her in developing her new habits. Jackquelyn's daughter even began to model her own diet and exercise after her mother's routine, allowing them to actively encourage and support each other's mission.