



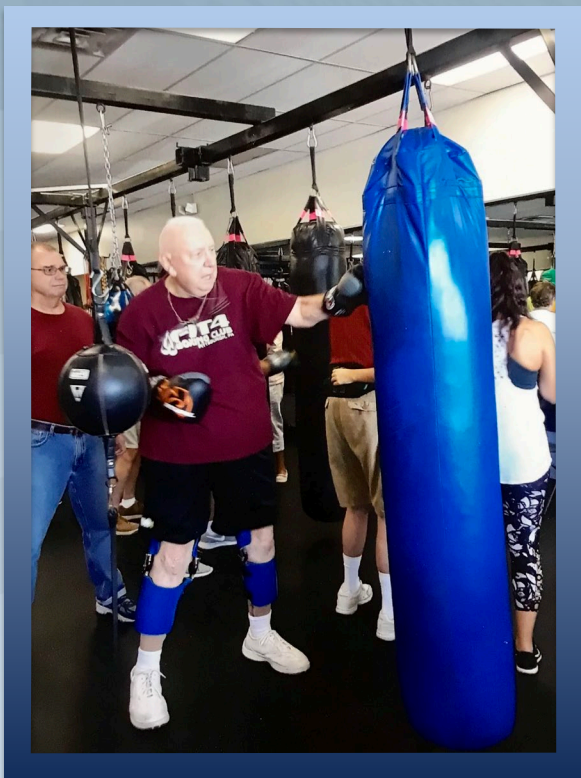
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Getting Stronger – One Punch at a Time*

*CHALLENGED BY PARKINSON'S DISEASE, HE COULD NOT WALK BEFORE GETTING INVOLVED WITH VA HEALTH CARE.*

U.S. Marine Corps Veteran James Hughes started the MOVE! Program in July 2017 at Butler VA Health Care System's Cranberry CBOC and was later referred to a community-based boxing class specifically for people with Parkinson's Disease.



### *The 1-2 Punch for Health*

When James started receiving care at VA, several staff members encouraged him to participate in MOVE!. He first began with TeleMOVE! Home Telehealth and then incorporated MOVE! Group Sessions. The camaraderie of fellow Veterans in the group was a great feeling of support for James. "Everyone is open about their struggles with losing weight. We all fit in. We are all Veterans...We can relate to each other."

## *A Contender that Refused to Give Up*

After participating in MOVE! for one year, James joined a boxing gym in August 2018 and attended a one-hour class four days a week. "I could hardly do anything when I started...and now I am one of the hardest punchers in the class!"

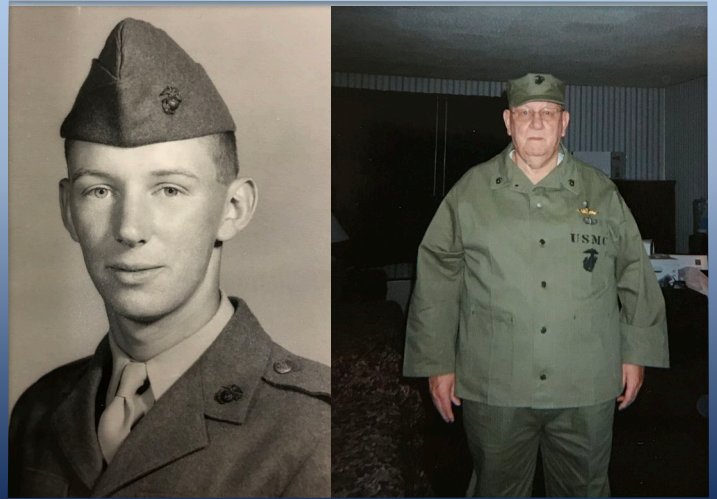
He purchased dumbbells, hand grips, and a speed bag to work on strength and hand-eye coordination. As he gradually increased his physical activity and worked to portion his meals, James reduced his pant size from 57 inches to a 52 inch waist.

In addition to boxing and MOVE! Group, James' continued participation in telehealth provided extra help with monitoring his blood sugar, blood pressure, and weight.

"Now I go out and do things. My wife and I go places. I work in the garden [and] in the basement...We go to some events in the community and I am involved in the Marine Corp League...and Toys for Tots."

“My life is so much better now!”

– James Hughes



## *His Plan to Keep Pounds Knocked-Out*

James steadily lost weight and has maintained the weight loss for the past several months. "I will never stop going to the boxing classes that I am involved in now. They have helped me so much. I will keep watching what I eat and keep active and hopefully lose more weight."