



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Accountability Made the Difference*

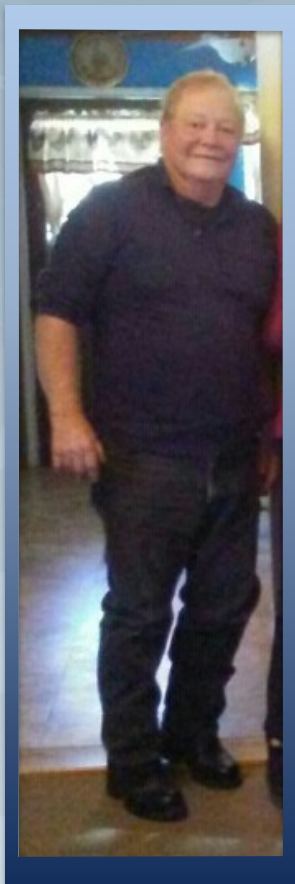
**VETERAN JAMES RIDGWAY FOUND THE MOTIVATION HE NEEDED TO TAKE CHARGE OF HIS HEALTH WITH MOVE!**

With the clinical video teleconferencing option and support of his Polk, TX, MOVE! team, James was able to lose 25 pounds and plans to lose more.

## *Tired of Feeling Sluggish and Run Down*

James described his experience with weight with this sentence: "If I get lazy, I will gain weight." He shared that he has always had to watch his weight, paying close attention to the meals, snacks and beverages he consumed. Over the years, he had tried many different diet plans. His 2018 physical with his VA team was an eye opener. He reflected on this visit; "I was way overweight, had high blood pressure and high blood sugar. That physical was motivation to take control of my health. I was tired of feeling sluggish and run down."





“Whenever I think about backing off I remember where I was when I started [MOVE!]”

– James Ridgway

### *How is MOVE! different from other programs you’ve tried?*

James credits “The accountability of keeping a record of my eating habits, my weight, my blood sugar, my blood pressure” as well as tracking “exercise and walking” and says he also benefited from the encouragement of his dietitian. He further emphasizes that “MOVE! makes you accountable and teaches you to take control of your health the correct way.”

### *Success: By the Numbers*

**Weight lost:** 25 pounds

**Inches lost:** 3 at his waistline

**Physical Activity (daily):**

- Stationary Bike – 45 to 60 mins
- 9,000 – 11,000 steps

### *Video Was the Ticket*

James knew he wanted to take control of his health but driving to his VA care facility was too much for him. When he learned about the VA Video Connect option, and the ability to participate from home he says, “I began immediately, and I really got into it.” He explains that for him “it was really easy to understand and with the guidance and encouragement from Brenda Greer [MOVE! dietitian] and support from my wife, I followed the program closely. By keeping daily records I was made aware of my health and food intake as well as daily exercise.”

### *Life: Improved*

When asked how his life is different now James says, “Life is improved through more energy, easier mobility and better sleep along with feeling better about myself and my appearance.” He has always been active and has joined a gym now. He says losing weight has increased both his energy and his enjoyment of physical activity.