



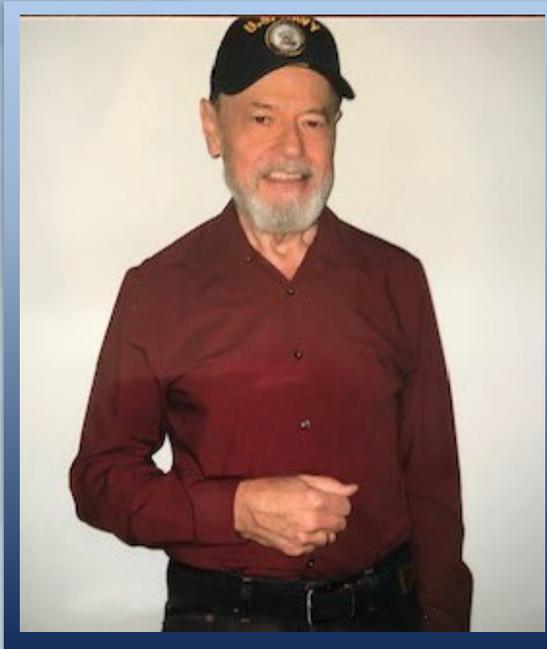
Success Stories

Healthy Living Matters. Prevention Works.

More Than a Quick Fix

VETERAN JIM SQUIRES JOINED MOVE! AND MADE HEALTHY CHANGES TO TAKE CHARGE OF HIS HEALTH FOR GOOD.

With the help of the MOVE! team at the Edward Hines, Jr. VA Hospital in Hines, IL, Jim used new strategies and techniques to lose weight and achieve better health.



Inspired to Improve

Jim had been physically fit for most of his life, but in recent years a number of factors had led to weight gain. He became motivated to improve his health after he was diagnosed with an irregular heartbeat, as recognized that his weight was affecting his quality of life. Jim's primary care provider referred him to the MOVE! Weight Management Program for Veterans, and Jim decided to give it a try. He was excited about starting MOVE! when he learned it is designed to help Veterans achieve their weight loss goals through healthy lifestyles rather than any "quick-fix" system.

Working Together

Jim began MOVE! group sessions in February 2020 and found his weekly classes both informative and engaging. The opportunity to discuss health challenges and healthy habits with other Veterans helped keep Jim on track with his own weight loss efforts. He praises the MOVE! team for their hard work in leading the group sessions.

Building A New Lifestyle

Since starting MOVE!, Jim has adopted new eating and physical activity habits to improve his health. He works around his house and exercises at a local gym to improve his physical fitness. As far as eating wisely, Jim has a new focus on his portion sizes, and has also decreased his snacking habit by staying occupied with chores and hobbies such as model building.

The Signs of Success

After a year with MOVE!, Jim has achieved great weight loss success. He lost 60 pounds and reduced his waistline by 6 inches. In addition to his weight loss, Jim has also improved his heart health and his blood pressure.

“If you are ready to put in the effort to improve your health, [MOVE!] can work really well for you!”

– Jim Squires



Continuing to MOVE!

Moving forward, Jim plans to maintain his new lifestyle as he enjoys the benefits of better health. He will relish his time spent outdoors, working in his garden, and riding his bicycle.