



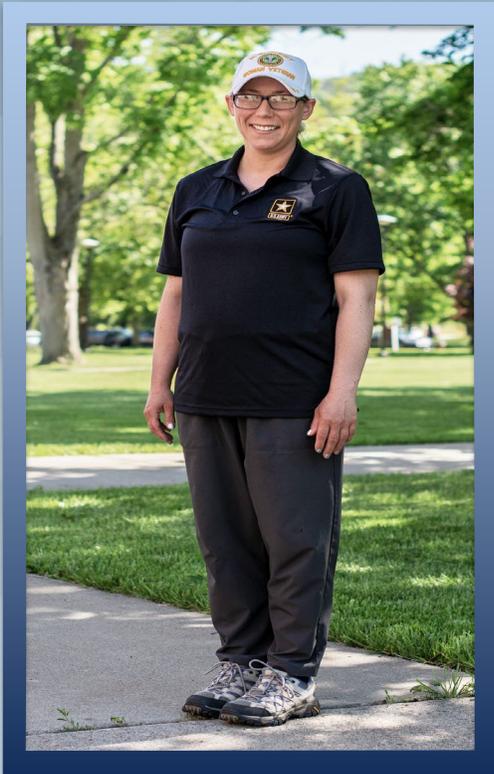
Success Stories

Healthy Living Matters. Prevention Works.

Accountability Was Key

VETERAN JAMIE VARNEY WAS FACING OBESITY AND A PROBLEM WITH ALCOHOL; WITH THE HELP OF THE BATH, NY, VA MEDICAL CENTER TEAM SHE TACKLED BOTH.

After losing weight with MOVE!, Jamie's endurance changed dramatically. She was no longer tired from simply walking around the facility.



Not "if" but "when"

Jamie says that in the past she had always been athletic, went to the gym and was active. But when she began consuming too much alcohol, she started gaining weight, and ultimately developed obesity and pre-diabetes. "I met with my provider who told me it was not *if* I would develop diabetes, it was *when*." He encouraged me to lose just two pounds a month."

She said she sought help for alcohol use at the Bath VA residential treatment program. The dietitian there suggested the MOVE! Weight Management Program for Veterans. That's when her weight-loss journey started and she has now lost more than 36 pounds.

Being accountable

Jamie chose to participate in MOVE! classes and weighed in weekly with her MOVE! coach. She said the MOVE! program worked for her because she needed to be accountable. Now, even though she has graduated from MOVE!, Jamie still weighs in with her MOVE! coach and continues to lose weight.

Getting SMART

For Jamie, learning how to set SMART goals has helped with her weight loss journey. SMART goals are:

- **S**pecific
- **M**easurable
- **A**ction-Oriented
- **R**ealistic
- **T**ime-based

"The program works for me because I set SMART goals weekly. I did what we talked about in class."

Changing habits

While people around her order fast food, Jamie says she doesn't. "I eat healthy salad, protein and fruit." She also says she continues to be active with walking and jogging. "These movements and exercises are routine for me now. It is important for me to continue this journey."

“ This changes your life and your perspective. You gain so much. You learn how to take care of yourself.”

– Jamie Varney



Moving Better

Before she started losing weight, Jamie says walking around was tiring. Her knees and ankles hurt and she had trouble bending over to tie her shoes. But this is no longer the case. Since losing weight Jamie says she can bend over to tie her shoes and walk six flights of stairs a couple of times a day without difficulty.