



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *The Best Decision She Ever Made*

***USING AN APPROACH TO MAKE SUSTAINABLE LIFESTYLE CHANGES, VETERAN JANICE LEWIS LOST 30 POUNDS IN THREE YEARS.***

Janice says, "Thank you, MOVE! I have confidence I will succeed and take that dream trip."



## *The Start of a Journey*

Janice Lewis says that her weight loss journey started in 2005 when she saw a picture of herself. "I appeared to be as big [as] the doorway." She did not begin to seriously consider the importance of weight management until 2010 when she was diagnosed with diabetes. Initially, she was in denial and discouraged. She tried many other approaches to weight management before getting involved with the Wade Park, Cleveland, OH, MOVE! Program in 2016.

### *Choosing MOVE!*

"Joining MOVE! in 2016 was one of the best decisions I ever made. [Choosing MOVE!] Made me accountable to myself and I no longer felt alone." She states the MOVE! staff and Veterans made the sessions fulfilling.

### *A New Opportunity*

Then in March 2019, Janice had the opportunity to go to the Aleda E. Lutz VA Medical Center in Saginaw, MI, to participate in a 2-week inpatient, medically monitored, weight-loss program. "It felt like diet and exercise bootcamp. It was a very intimate experience with very knowledgeable staff. It helped me to continue my weight loss journey."

### *Continued Support*

Over the years, Janice stayed engaged using many MOVE! Program participation options including a walking group. She continues to attend a MOVE! Group specifically for women which provides an encouraging atmosphere. Janice says that she feels better and that her overall health is better, too.

“The MOVE! Program really works if you work at it.”

– Janice Lewis



### *Tools For Success*

Some of Janice's healthy lifestyle choices that help her maintain weight loss include getting off the bus a few stops before her destination; making her pedometer a part of her wardrobe; reducing dietary carbohydrates, and eating more vegetables. As a result, she does not have to use insulin anymore to manage blood sugar levels. Managing diabetes requires continued work, but Janice is confident she will have long-term success using tools she developed in MOVE!.