



# Success Stories

*Healthy Living Matters. Prevention Works.*

## A Lifestyle Change to Live Longer

**JEFF MELVIN KNEW HE WANTED TO HAVE MORE TIME WITH HIS KIDS AND GRANDKIDS, AND HE REALIZED MOVE! COULD HELP HIM DO JUST THAT.**

With the guidance and support of his healthcare and MOVE! teams at the VA Salem Healthcare System in Salem, VA, Jeff learned how to manage his weight and improve his health.



### ***From Active to Sedentary***

After serving in the Army, Jeff Melvin shares that he eventually became an EMT and lived an exciting life. He was not exercising like he did while in the Army, and began to notice that his health was declining. Eventually, he explains, his work and leisure time became more sedentary and “by the time I realized it, it was too late, I had put on a bunch of weight.” What’s more, he shares that he started to develop cardiac issues. “I didn’t know what to do or where to start,” he says. After moving to Virginia, Jeff connected with his health care team at the VA Salem Healthcare System.

## ***Skeptical at First***

Jeff's primary care physician discussed his weight with him and suggested he give the MOVE! Weight Management Program for Veterans a try. "I honestly didn't think that MOVE! would work. It would be another one of those programs I would try and would be here one class and then be gone," Jeff shared. Much to his pleasant surprise, three years later, he is still actively participating in MOVE! and still managing his weight. "I make sure I eat right...am watching my portions, [and] when I get full I stop eating."

## ***Educating and Motivating***

The information and education Jeff's VA healthcare team provided, combined with the encouragement of his wife and friends along the way, helped Jeff maintain his motivation and drive to reach his goals.

## ***Off Insulin and Doing More***

Jeff has a robust combination of successes too! He says, "Now I am able to do more! I am healthier, I am off all insulin and my blood sugars are better. I am able to do more with my grandkids and am overall more active in life. My energy levels are so much better now...I can walk farther...do my own yardwork and cut my own wood...play with grandkids...and I am even playing pickleball 3 times per week!"

**“MOVE! taught me how to make a lifestyle change and keep it going.”**

**– Jeff Melvin**



## ***A Bond That Made a Difference***

With that amazing list of meaningful results, Jeff notes that he cannot say enough about his MOVE! team and the Veterans in his MOVE! group, "I couldn't have done it without them! The bond in my class has made a difference."