



Success Stories

Healthy Living Matters. Prevention Works.

Be Dedicated, Be Consistent, Ask for Support

ATTENDING MOVE! GROUP SESSIONS AND USING TELEMOVE! HELPED VETERAN JENNY WOLF ACHIEVE HER WEIGHT LOSS GOALS.

With guidance and encouragement from her team at the Dayton, Ohio VAMC, and healthy exercise and eating habits, Jenny improved her self-esteem, reduced her blood pressure medicine and no longer takes any diabetes medication.



If at First You Don't Succeed...

Jenny's first encounter with MOVE! Group Sessions was over 5 years ago. Her main motivation was "just to lose weight."

In her second encounter with MOVE! Group Sessions she still didn't like how she looked and was determined to improve her diabetes, hypertension, and liver issues.

After completing her second round of MOVE! Group Sessions, she joined TeleMOVE! for accountability. Even after that, Jenny attended monthly MOVE! maintenance sessions and she says, "I know that help is just a phone call away."

... Try, Try, and WIN!

"I struggled most of my adult life with my weight. As a child I was athletic and never thought about it. Once I started settling down and having relationships, I found my habits changed to meet my partner's.

Now, a routine walk is something I do every day. I have added goals to do more swimming, weight lifting, and indoor walking. My eating habits have changed dramatically. I am drinking more water, eating healthy fats, and more protein, and I enjoy trying new smoothies. I also focus on portion control and I don't binge.

With MOVE!, I wasn't doing it alone. There was a lot of interaction and communication with the staff and other participants."

Success is Sweet

"Today my self-esteem is higher because I look better. I even save money on clothes since I can now buy smaller clothing sizes.

Having lost more than 43 pounds (and still losing), my pants size has dropped 5 sizes! I no longer need to take diabetes medicine, and my blood pressure medicine has been greatly reduced."

“ You need to be dedicated. Don't fill up your plate. You need to be consistent. Don't let your mind lose control of your decisions and eat badly. Ask for support if you are getting bored or discouraged. Don't try to lose weight all on your own.”

- Jenny Wolf

Supportive Words

"The support and camaraderie from the others in the MOVE! class are helpful. They are all going through the same thing.

My family support on Facebook and my friends' encouragement keep me going and the MOVE! staff are always helpful and provide encouragement to help me stay on track. If I get in a bind, I can always call the MOVE! staff."