It worked! Anybody can do it!

_HESITANT AT FIRST, VETERAN JERRY CRESCENTINI DECIDED TO GIVE MOVE! A CHANCE IN HIS FIRST ATTEMPT WITH ANY WEIGHT MANAGEMENT PROGRAM._

After 4 months and with the support of his MOVE! team at the Springfield Outpatient Clinic of the VA Central Western Massachusetts Healthcare System, Jerry exceeded his weight loss goal by over 10 pounds, losing 31 pounds total!

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_A Change of Pace_

After he stopped working due to disability, Jerry slowly gained weight and shared that he was eating unhealthy foods and lacked exercise. His doctor noticed this change and suggested he try MOVE!. Jerry started attending MOVE! Group sessions in October 2018.

For Jerry, fellow Veterans and VA staff boosted his motivation. He began increasing his activity with a walking routine, which he continues to do daily.
In Jerry’s words: “I am now eating a lot smarter than I was...by keeping a diary log of everything I eat. To this day, I'm still keeping the log book. It really helps.”

Continuing his new healthy habits of walking daily and logging his food helps Jerry stay on top of his health and his weight management goals.

“Not putting the weight back on is my motivation.”

– Jerry Crescentini

Eating Smart

Sticking with it

“In my case, it worked! You stay with it, eat smarter, and try to exercise...regularly, and it will give you results.” Jerry believes that anybody can receive positive results from working with MOVE! and making healthy behavior changes.

Sample Food Log