



# Success Stories

*Healthy Living Matters. Prevention Works.*

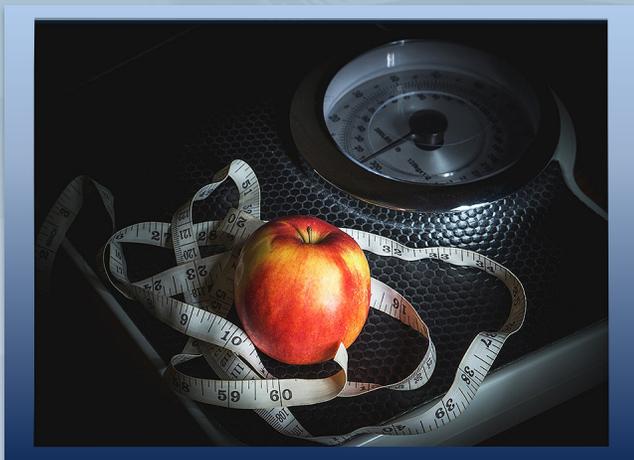
## ***From Struggle to Success***

***FOR VETERAN JERRY DEAVER IT'S BEEN A 15-YEAR STRUGGLE TO LOSE WEIGHT. THE MOVE! TEAM AT THE SOUTHERN ARIZONA VA HEALTHCARE SYSTEM IS HELPING HIM ACHIEVE HIS GOAL.***

He had tried several diet programs to lose weight, but none were effective.

### ***It's working***

For Jerry, diet programs he tried were ineffective. So, when his primary care provider at the Sierra Vista VA Clinic encouraged him to try the MOVE! Weight Management Program for Veterans, he did. Since December 2019 Jerry has lost 34 pounds and four inches off his waist. Jerry found the MOVE! Workbook and nutritional counseling from his dietitian to be especially helpful. "The VA MOVE! Program has been the most positive program I've been engaged in to help with weight loss. MOVE! is effective because I had to be accountable," he said.



### ***Not a fad diet***

What Jerry found out was that MOVE! isn't a diet, rather it is a weight management and health promotion program that encourages healthy eating, increasing physical activity and modest weight loss. In making lifestyle changes Jerry shares, "I watch what I eat, monitor my calorie intake and avoid eating late. I also encourage myself to walk 10,000 to 12,000 steps per day."

### ***The payoff***

Jerry's efforts in MOVE! are paying off. "I have more energy, feel better emotionally and my blood pressure is better."

He says he also gets out and enjoys his hobbies along with sightseeing and other activities.

### ***Connecting with MOVE!***

To connect with his MOVE! team Jerry uses the program's TeleMOVE! option along with MOVE! Telephone Lifestyle Coaching which allows him to check in each week with his MOVE! coach.

**“It's a great program, but you must be committed to it and set objectives.”**

**– Jerry Deaver**



### ***They're behind him***

Jerry's goal is to get his weight down to 220 pounds. He has found that he does not have to do it alone. Along with the MOVE! team's coaching and help with meal planning, he is getting support at home. "My family fully supports me."