



Success Stories

Healthy Living Matters. Prevention Works.

Too Fit to Quit

VETERAN JOE REAGAN'S POOR HEALTH FORCED HIM TO QUIT HIS JOB. NOW, WITH THE HELP OF THE MOVE! PROGRAM, JOE IS BACK TO WORK!

After living with high blood pressure and experiencing a scary fall from a ladder, this dedicated Veteran turned his life around through MOVE! He has lost 60 pounds, walks 6 miles a day, and his blood pressure is under control.

Set up for a fall.

Arizona Veteran Vincent "Joe" Reagan's health had hit rock bottom—literally. Joe's high blood pressure and poor fitness had already affected his lifestyle and performance at work. When Joe took a nasty fall from a ladder, it was all too much.

"My blood pressure was high, and I had to quit my job because I wasn't physically able to do it," Joe recalls.

Getting some knowledge.

After the accident, Joe visited his primary care physician at the Southern Arizona VA Health Care System. "He told me about the MOVE! program," Joe said. "I had heard about the program before, so once my PCP told me about it, I decided to go and get some knowledge."

Joe went to a MOVE! orientation in October 2016 and liked what he found out. He decided to join the program.

“Do it — you get out of it what you put into it!

– Joe Reagan

MOVE! provides needed support.

After learning about making healthy food choices during his MOVE! sessions, Joe began to see results. But physical limitations hindered his exercise program, and after a few weeks, Joe hit a plateau.

Thanks in no small part to his MOVE! team—and to support from the home front—Joe stuck with it. “My MOVE! coordinators were inspirational. I couldn’t have done it without them; they kept me on track. My wife also helped me with the calorie counting and measuring portions.”

Soon, Joe was able to exercise again, and the results speak for themselves. Joe lost 46 pounds during the time he was active in MOVE! Later, the concepts he learned in MOVE! helped him to stick with the program on his own, and Joe kept going all the way to his goal weight. He’s down to 168 pounds, having lost a total of 60 pounds!

Back to work and staying fit.

Joe’s better health and fitness have helped him get back the lifestyle he lost, and he has returned to work at a sheet metal factory. “At work, I can do a lot of lifting I couldn’t do before. Now I feel I can do the daily activities I need to do at work—and at home.”

Joe still applies concepts he has learned in MOVE! to his everyday life. “I continue to measure foods and count calories. I also walk about 6 miles per day.”

A message for other Veterans.

Joe hopes his story can inspire other Veterans who want to lose weight and be healthier to give MOVE! a try. “I want to tell other Veterans to do it. I was able to take what I learned in MOVE! and fit it into my lifestyle. Everything about it works.”

Does Joe have any lingering issues after losing 60 pounds? “I have only one problem. I have a lot of extra skin! But it’s getting better.”

