



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Walking the Path to Better Health***

***WHEN COVID-19 RESTRICTIONS FORCED HIM TO ADJUST HIS ROUTINE, VETERAN JOHN COSTELLO MOVED OUTDOORS AND MADE GREAT STRIDES.***

With the assistance of the MOVE! team at the Iowa City VA Health Care System, John pushed forward through setbacks and reaped the benefits of a healthy lifestyle.



### ***A Need to Change***

Over the past several decades, John experienced regular fluctuations in his weight. He would gain weight and then lose it, only to gain again later. By early 2020, John weighed nearly 350 pounds. "My clothes did not fit," he recalls, "[and] stores did not carry shirts or pants in my size. Even getting shoes on and off was a problem." Recognizing the health risks associated with his weight, John asked to be enrolled in the MOVE! Weight Management Program for Veterans. His commitment to change would prove to be the foundation of his weight loss journey.

## ***First Steps with MOVE!***

John credits simple changes as the basis of his weight loss success. "I began monitoring weight and calorie intake," he explains, and "I also started to MOVE!" At first, John found walking on the treadmill to be a challenge, but his commitment to the process soon allowed him to increase his pace and distance. When COVID-19 restrictions closed his fitness center, John began walking outside instead. Beginning with "one very slow mile" at the start of the program, John now walks six to eight miles per day!

## ***Part of a Team***

Though John's motivation to change helped him take control of his lifestyle and change for the better, he notes how important the MOVE! team was in helping him on his path: "Krista, Tania, [and] Marcia...provided ongoing support [and] answered all my questions."

## ***Continued Success After MOVE!***

Since enrolling in the MOVE! Program, John has lost over 100 pounds and is aiming to lose even more! He says, "I am moving further and more comfortably every week" in pursuit of his new goal.

**“I cannot say thank you enough [to the MOVE! team]...they offered excellent suggestions and encouragement.”**

**– John Costello**

