



# Success Stories

Healthy Living Matters. Prevention Works.

## Making the Impossible Possible

**VETERAN JOHN DUNLAP ACHIEVED BIG RESULTS BY COMMITTING TO SMALL CHANGES IN HIS LIFESTYLE!**

With the help of the Battle Creek, MI VAMC MOVE! team, John adjusted his eating habits, added more exercise to his daily routine and reached his weight loss goals.



### Deciding to MOVE!

In his own words, John has “always been big, to say the least,” but after he retired from the Navy in 2012, he encountered even greater struggles with his weight. Though he walked five miles every day at work, John continued to gain weight over time. “I didn’t own a scale,” he recalls, “as I didn’t like what I was seeing.” John was shocked to discover his exact weight during a physical at the Battle Creek VAMC, and credits his nurse practitioner, Jessie Cotton, for helping him join the MOVE! Weight Management Program for Veterans.

## ***An Unexpected Hurdle***

Just after John's experience at his physical, the COVID-19 pandemic began. Not to be deterred by the situation, however, John started MOVE! and began tracking his eating and exercise habits with the guidance of his MOVE! team. For John, the individual attention offered in the program helped him keep his focus. "The calls from the dietitians [made] sure that I was doing what I needed," he explains, and also encouraged him to set and work toward his healthy living goals.

## ***Changing Perspective***

One of the primary changes to John's lifestyle came in adjusting his daily calorie intake. Prior to starting MOVE!, he would often eat well over 3,000 calories in a day ("mostly junk food," he recalls). John began cutting back and making better food choices, and as the weeks progressed he continued to lose weight consistently. For John, "going from 3,000 calories a day to 1,300 now seems normal, but back then it would have seemed to be an impossible task." In addition to changing his eating habits, John began to maintain a food log. Knowing exactly how much he was eating allowed him to be more mindful about healthier choices and set himself up for success!

**“It feels nice going to make a donation of clothing...I have lost so much weight that the clothes no longer fit!”**

**– John Dunlap**

## ***Taking MOVE! to Heart***

While adjusting his dietary habits made a great difference in John's weight loss journey, his choice to stay active every day was just as important. John still walks five miles every day at work, and now he gets even more activity by using an elliptical machine. Even further, he has altered his everyday habits to help stay in control of his weight. "I can count on one hand the amount of times I have been on the elevator at work."

## ***Twofold Success***

Through his hard work and dedication, John has lost nearly 100 pounds since starting MOVE!. In addition to that personal victory, he has inspired his wife to find weight loss success as well!