



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Journey to Better Health*

**VETERAN JOHN HUTCHISON DISCUSSES HOW MOVE!® HELPED HIM GET 'HEALTHY FROM THE INSIDE OUT' AND LOSE 64 POUNDS**

"Three years ago, I weighed 274 pounds—that's 100 pounds overweight—and my A1C was 9.8. My doctor said he could just keep increasing my medications, or I could do something about it. He suggested I see a nutritionist, so I did. In an hour, the nutritionist gave me so much good information that I was not able to grasp it all. I knew I had to do more study on nutrition, and that started me on a journey to learn more about food."



### *What happened next?*

"I cut out the obvious bad food and was simply choosing better foods, like more fruits and vegetables. I also started riding my recumbent bicycle. The results were fast. When I saw my doctor 3 months later, my weight was down 10 pounds and he was shocked to see my A1C was at 5.3. He was able then to reduce and eliminate some of my diabetes medicine.

I knew I was onto a good thing. Even though I was still 90 pounds overweight, the results were dramatic. I was becoming healthy from the inside out."

### ***How did you get involved in MOVE!?***

“Two years later, I was getting careless with eating again. My A1C climbed to 7.1 and my doctor again told me I needed to get it under control. By this time I’d retired, so I was able to do the TeleMOVE! Program two times and began attending the MOVE! Program at the Dayton (OH) VAMC. I had a little success, but I really wanted to make a more significant change. I figured that if the VA would stick with me, I had a chance to lose the weight. So I signed up for the 16-week MOVE! classes. During these sessions, I lost 35 pounds and got my A1C down to 5.4.”

### ***What dietary changes have you made?***

“During my 3-year journey, I’ve learned to make healthy choices. Currently, I am eating a plant-based diet, which is where I ended up after a series of decisions and choices. I take time to learn to make foods that I like. I try to learn every day. I now have more food and recipes than I can eat.

Some people say this kind of diet is drastic, but I think open heart surgery is ‘drastic,’ too. In making these healthy lifestyle changes, I really believe I’ve avoided a heart attack or a stroke. “

### ***Are you more physically active now?***

“Yes, I keep moving. I have spent more time walking because it is especially good for diabetics. Lately, I have been doing 10 miles a day, but that is probably not sustainable in the cold weather. So I plan to use my recumbent bicycle and treadmill more when it gets colder.

Like they say, ‘I don’t mind dying, I just don’t want it to be my fault.’ “

“ I am thrilled for what I’ve been able to accomplish through the MOVE!...I have to thank VA for this great program!”

– John Hutchison

### ***What have you accomplished through MOVE!?***

“My total cholesterol is now 119, my blood pressure is around 127/72 and as of January 2016, my A1C was 4.9! My doctor decided to cut my cholesterol and blood pressure medicine in half. To me, that was wonderful news.

Because I’ve lost a total of 64 pounds, I’m now able to have my herniated belly button repaired—a long-time goal of mine. Even though I still have 30 more pounds to lose, I am thrilled for what I have been able to accomplish through MOVE! so far. I have to thank the VA for this great program!”

