



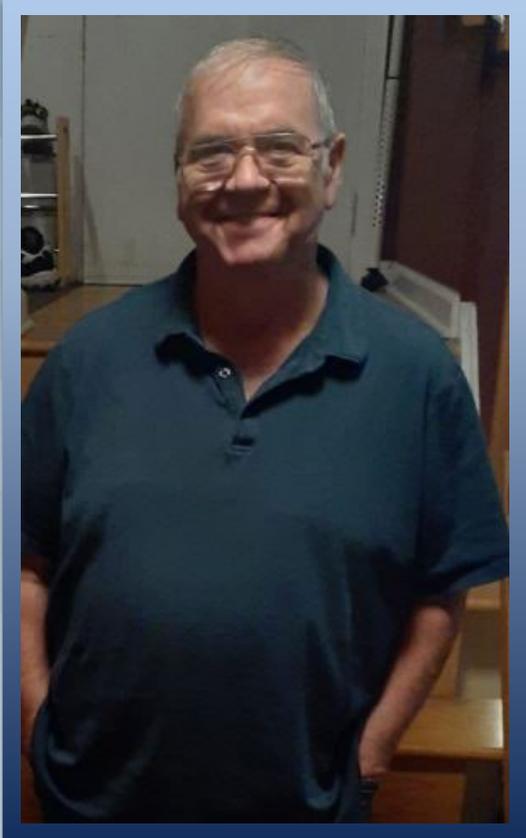
Success Stories

Healthy Living Matters. Prevention Works.

Walking the Road to Better Health

VETERAN JOHN MULLER SHOWED DETERMINATION AND ACCOUNTABILITY IN HIS EFFORTS TO ACHIEVE BETTER HEALTH AND MANAGE HIS WEIGHT

John worked with the MOVE! team at the Edward Hines, Jr. VA Hospital in Hines, IL, to make manageable, healthy changes to his lifestyle that led to great results.



An Effort in Recycling

Describing himself as a “recycled MOVE! participant,” John shares that before re-joining the MOVE! Weight Management Program for Veterans in 2021, he had twice before attempted to manage his weight with MOVE!. Unlike before, he felt that he was finally ready to make the commitment that would lead to lasting change. He found the motivation to improve his health as he looked forward to celebrating his 50th wedding anniversary with a trip to Europe. “If I want to walk around cities like Rome and Berlin,” he explains, “I [had] to get the weight off.”

The Power of Technology

Part of John's success this time around was that he took advantage of the convenience of TeleMOVE!. His weekly TeleMOVE! calls afforded him the opportunity to learn strategies for adding healthy habits into his lifestyle. Most importantly, these calls with his MOVE! team helped him stay accountable. "It's hard to go from eating whatever you want," John recalls. "The accountability helped make me more realistic about what I was taking in. It made me more honest with myself and the program staff."

Making the Changes

John began adjusting his lifestyle by making healthier meal choices and physical activity part of his routine. Among the most important changes was tracking his food and beverages, which he accomplished through the use of food journaling and a food scale. John credits his MOVE! Dietitian, Lisa Korpolinski, and his wife, for their support throughout his journey to better health.

Signs of Success

In addition to losing 53 pounds, John shares that he now sleeps better, and has improved his stamina and mobility.

“Each one of us Vets... had to do some difficult things and find a great deal of discipline...part of digging deep is finding that part of you.”

– John Muller

