



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Small, Gradual Changes for a Life-Altering Experience*

*AFTER RECEIVING A NEW DIAGNOSIS OF DIABETES, VETERAN JOHN PETRY HAS LOST MORE THAN 130 POUNDS AND AVOIDED INSULIN INJECTIONS.*

With ongoing support from the Overton Brooks VA Medical Center in Shreveport, LA, John learned new skills, made major lifestyle changes and became the master of his fate.

### *Beginning the Journey*

"I started the MOVE! Program the first time on March 2, 2017 for eight weeks. My heaviest weight was 290.6 pounds. with a Body Mass Index (BMI) of 47!

I have been enrolled in MOVE! multiple times during my weight loss journey. I have also participated in a motivational health change group that is led by the Health Behavior Coordinator who is part of the MOVE! team. I am currently a member of the MOVE! Support Group that meets every other week.

MOVE! is very sustainable and is more focused on helping us make healthy changes rather than telling us we can't do things."



### *Recognizing a Need*

"I have struggled with my weight since about 5<sup>th</sup> grade. Even when I was in basic training I was at the maximum weight allowed. I really got motivated to start losing weight when I was told I'm a diabetic. I realized I needed to make a change because I didn't want to be put on insulin. I tried losing weight on my own at first and I lost some weight, but it was a diet and once I stopped following that diet I gained all of the weight back. I think I wasn't successful on my own because I didn't make the mental changes that I needed."

### *Building Healthy New Habits*

"The MOVE! Program has taught me a lot...about certain foods and drinks...and I've learned to think about things in a different way. The things I have learned in the gym have helped me a lot with my mobility." Among John's many lifestyle changes are: ordering a kid's size meal at restaurants, eating more vegetables, drinking more water and unsweet tea – no more sugary drinks, and walking every day to stay active. He says that after all the effort he has put in, the biggest reminder to keep moving has been that he doesn't want to get back to where he was before.

### *Reaping Benefits*

In addition to a 135+ lb weight loss, John has improved his:

- BMI from 47 to 25
- Triglycerides from 141 to 50
- A1C from 8.0% to 5.0%
- Sleep
- Pain
- Energy – Walks 12-15 miles/day
- NO Insulin!
- Clothing Size from XXXL to Medium

“The MOVE! Program is a realistic approach to weight loss and health change overall.”

– John Petry



### *Encouraging other Veterans*

"This program can be really successful if you just give it a chance...small, gradual changes...can definitely be...life-changing. It can be really hard to make those changes at first, but after making a few it becomes easier to keep making more changes in your life."