



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Reaching Goals with the Help of his MOVE! Group*

*HOPING TO REIGN IN HIS CHOLESTEROL LEVEL, VETERAN JOHN SUCKAU TURNED TO THE MOVE! TEAM AT VA CENTRAL WESTERN MASSACHUSETTS HEALTHCARE SYSTEM.*

After talking to his VA primary care provider, John knew that losing weight would help in his efforts to lower his cholesterol levels.

### *Yo-Yo Effect*

John Suckau had tried to lose weight before, but without much success. "It was a yo-yo effect. I lost the weight, but gained it back and more." His VA primary care provider suggested that he give the MOVE! Weight Management Program a try. The literature and handouts provided by the MOVE! team helped John understand calorie consumption. The MOVE! team taught him to identify the various food groups, as well as what and how much to eat. In 14 weeks, John lost 33 pounds and four inches from his waist.



### *Power of the Group*

The MOVE! program offers Veterans a variety of participation options including one-on-one counseling, group sessions, telephone lifestyle coaching and TeleMOVE! John chose the MOVE! group at his local VA clinic in Springfield, MA. He says the support of the group has helped him to stay on track.

### *Exercise Goal*

The MOVE! team also helped John to understand the importance of including physical activity in his weight loss efforts. His goal going into the program was to start weight lifting. Now he's lifting weights, walking more and eating less, too.

### *More Energy*

MOVE! is designed to improve the lives of Veterans. For John that goal has been met. He says he is now able to walk around without getting tired.

“It's fantastic!!!”

— John Suckau

