



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Family and Faith Provide the Motivation to Change***

***VETERAN JORGE GONZALES HAD MANY REASONS TO IMPROVE HIS HEALTH, AND HE DID SO WITH THE HELP OF MOVE!***

Jorge worked with the MOVE! team at the VA North Texas Health Care System in Dallas, TX, to develop new habits for a healthier lifestyle.

### ***First Steps***

For about 20 years, Jorge Gonzales struggled to maintain a healthy weight. More recently, he developed sleep apnea. When he learned from his healthcare team that he was at risk for diabetes, he took notice. With his wife, children, and community volunteering work in mind, he considered making a change to improve his health. Jorge decided that he wanted to create a healthier lifestyle, not just for himself, but for those he cared about. At his provider's recommendation, Jorge began the MOVE! Weight Management Program for Veterans with a firm commitment to change for the better.



## ***By the Book***

Jorge started attending MOVE! Group Sessions and benefited from the guidance in the MOVE! Veteran Workbook, a supplemental tool to support Veterans building healthy lifestyles. The workbook helped him develop healthy eating strategies by clearly defining the benefits of a healthy diet and physical activity. For Jorge, “the information you receive [with MOVE!] is power!”

## ***A Family Affair***

Jorge thanks his MOVE! team, especially his dietitian Brenda Greer, for their “informative and motivating” guidance throughout his journey. The effects of Jorge’s MOVE! experience extended beyond the VA. His quest for better health inspired his family, as his wife and children began pursuing their own weight management goals together with Jorge!

## ***The Feeling of Better Health***

Since joining MOVE!, Jorge has lost nearly 50 pounds and 6 inches from his waistline. Beyond those numbers, though, he feels the benefits of better health every day. He shares that he has more energy, thinks more clearly, likes how he looks, and can devote more time to working around the house and improving his home.

“Getting healthy feels great!”

– Jorge Gonzales



## ***Keeping at It***

Jorge plans to celebrate the great progress he has made and keep working toward even more success. He is excited about the new process and committed to maintaining his healthier lifestyle and adding more new health goals over time.