



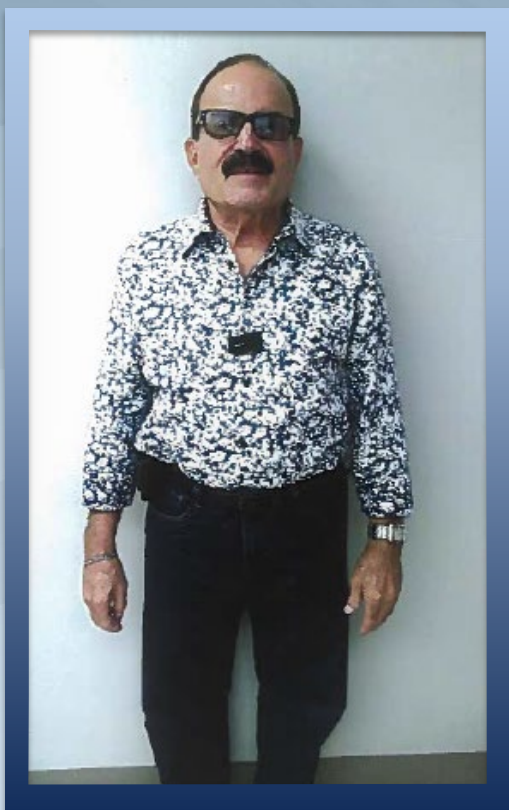
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *From Sedentary and Depressed to Active and Happy*

*VETERAN JOSÉ GUEVÁREZ WAS DEPRESSED ABOUT CARRYING AROUND EXTRA WEIGHT, SO WITH THE HELP OF HIS VA CARIBBEAN HEALTHCARE SYSTEM TEAM HE DID SOMETHING ABOUT IT.*

Inspired by his primary care physician, José shed the extra pounds – and feels great!



## *Encouraged to Lose*

In January of 2018, José was feeling bad about himself and depressed with being overweight. During an appointment he was referred to the MOVE! Weight Management Program for Veterans by his primary care physician. He began participating in MOVE! group and individual sessions. José says “The MOVE! Program and the staff really helped me but I had to have self-motivation, too.”

### *A Focus on Physical Activity*

For José, physical activity was key to getting the weight off. "I had a sedentary life in past years, and now I am able to run for 40 minutes with 30 minutes of walking three times per week...and I enjoy it!"

### *Feeling Like a New Person*

When José shared his story, he had lost 30 pounds and 5 inches from his waist. He said "Now I feel very happy and I enjoy my life. I'm enjoying parties, dancing and feeling better about myself."

### *Maintaining Success*

Maintaining weight loss is an important measure of success and José has been able to stay at a healthy weight. He says he still makes exercising and eating wisely a priority. Now José continues enjoying his life and feeling better about his health! Felicitaciones, José!

“ Learn about the MOVE! group and the benefits of taking care of your health.”

– José Guevárez

