



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Faith and Family Help Lead the Way*

***WITH THE SUPPORT OF THE MOVE! TEAM AT THE SOUTHEAST LOUISIANA VETERANS HEALTH CARE SYSTEM, VETERAN JUDITH CONNER CHANGED HER LIFESTYLE AND ACCOMPLISHED HER HEALTHY LIVING GOALS***

Judith's new habits resulted in weight loss success and renewed self-confidence.



### *A Reason to MOVE!*

Judith had struggled with weight loss for years. "I didn't like what I saw when I looked in the mirror," she recalls. What eventually prompted her to begin a new effort was seeing her sister's weight loss success. "I felt the need," she explains, "to take care of my health and to increase my self-esteem." At her cousin's suggestion, Judith decided to try the MOVE! Weight Management Program for Veterans. For Judith, "the motivation and...information on meal preparation, planning and reading labels" made a great difference!

## *Adjusting Her Diet*

During her time with MOVE!, Judith learned how to manage her food intake by paying close attention to the types of food she ate. She explains that she began to “limit the intake of sugars, salt, saturated fats, white flour, and processed foods.” Judith focused on what she calls “proper nourishment,” reinforced by her own faith. In her words, “[I wanted] to make sure [I ate] all of the natural and healthy foods that God has created.” She began to focus on “vegetables, fruit, fish, fowl...whole wheat” and other items in moderation. Her conviction helped to guide her toward healthier food choices and persevere through the challenges of her weight loss journey.

**“If you are consistent and committed to your health...you will be successful. You will have good days and bad days but don’t give up!”**

– Judith Conner

**“Take one day at a time. If I can do it, so can you!”**

– Judith Conner

## *Taking an Active Role*

In addition to making dietary changes, Judith also committed to changing her exercise habits. While in MOVE!, she attended VA classes for aquatic therapy, dance, and tai chi. To stay active during the pandemic, she has adjusted her routine to include walking, cycling, and using a rowing machine. Though COVID-19 restrictions presented Judith with an obstacle to her weight loss goals, like so many Veterans in 2020, her perseverance led to success!

## *A Lasting Impact*

For Judith, MOVE! represented a full change in lifestyle. As a result of her hard work, Judith lost over 80 pounds. As she explains, though, her success is more than just numbers. “I’m feeling better about how I look...my aches and pains have decreased. I feel better physically and have more energy and my self-esteem has increased!”