



Success Stories

Healthy Living Matters. Prevention Works.

Support, Friendship and Accountability lead to Success, Pride and Better Health

JULIE EVERSOLE USED THE BEST OF THE TOOLS AVAILABLE TO HER TO ACHIEVE WEIGHT LOSS SUCCESS

Combining the guidance of clinicians with camaraderie and accountability of other Veterans worked well to help Julie lose more than 65 pounds and feel better



Then and Now

When Julie retired from the Air Force in 1998 she weighed 138 pounds. She consistently gained weight over the years that followed finally reaching 212 pounds at the beginning of 2018. "I knew I needed to expend more calories than I consumed, but doing that in a sustainable way seemed impossible. I had really given up hope. I thought the only solution for me was going to be weight loss surgery. However, the more I thought about it, I realized, I had never known anyone personally who had kept the weight off after surgery." An initial experience with MOVE! proved somewhat successful for Julie, but when her dog died and she stopped walking everyday, she gained weight again.

Giving MOVE! Another Try

"I went back to MOVE!, and there were several new people in the program. Several of us started walking each time we met for MOVE!. We'd walk 2 or 3 miles in the mall on the morning our program was held [so] before our MOVE! class started, we'd have 6,000 steps. Our informal walking group discussed what worked for us and our eating. We met together even outside of class to talk or eat a healthy lunch or dinner together."

Other Helpful MOVE! Resources

"We also found out about cooking classes at the VA, and attended them. Then, we found out about group sessions with a VA nutritionist. The group classes with the nutritionist were great! In class, we supported each other, and called each other out at times. We had accountability from each other, and of course with the scale. The nutritionist gave us a chart to track our weight. She also graphed our progress (or lack thereof) over the 16 weeks we were in class."

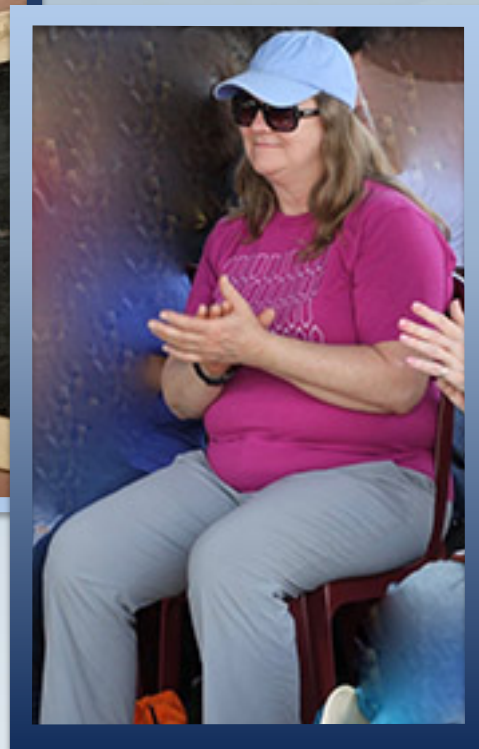
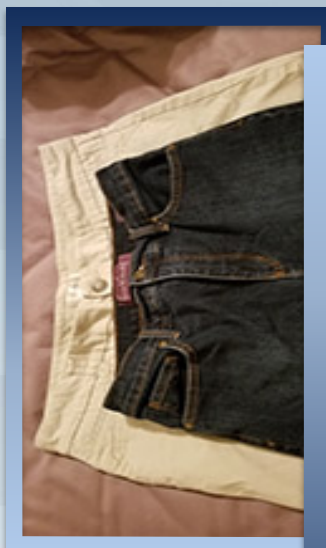
Accountability and Support for Continued Success

"The informal support of the people I met in my MOVE! class has been instrumental to my successful weight loss. I knew they'd ask each week if I had lost or gained weight. I didn't want to disappoint them, or me."

Now, Julie is active and records at least 12,000 steps/day including 2 miles of jogging. She keeps her daily calories to 1,500 and attends a weekly nutrition class and a monthly weight loss support group.

“Most of all, I feel terrific! I feel so much better! My family is proud of my accomplishments.”

– Julie Eversole



Exceeding her Goals

Thrilled with her success, Julie says, "I actually exceeded my weight loss goals. I definitely exceeded my physical activity goals. I really amped up my metabolism by eating healthy foods in reasonable quantities."