



Success Stories

Healthy Living Matters. Prevention Works.

Making a Change for Himself

VETERAN KIM ROSENTHAL HAS BECOME A LOSER – OF POUNDS, THAT IS - LOSING 60 POUNDS WITH THE HELP OF THE MOVE! TEAM AT THE BAD AXE, MI, COMMUNITY BASED OUTPATIENT CLINIC.

Kim found that the knowledge and tools provided by the MOVE! program helped him lose weight.



A positive impact on his health

Kim started his journey in 2018 after learning about the MOVE! Weight Management Program for Veterans from his VA primary care provider. With hard work he has decreased his waist size from a size 36 to 32 inches.

When he started MOVE! Kim was 250 pounds and had high blood pressure, acid reflux and chronic back pain. His weight loss has had a direct impact on his health. His blood pressure is back to normal. He no longer has acid reflux and all of his lab tests are normal. He is sleeping and moving better and has less back pain.

Sticking to it

Kim's weight has fluctuated throughout his life. With MOVE! he has learned to stick to a healthy diet that consists of 2,000 calories per day. While Kim's 60 pound weight loss has already improved his health, he plans to continue with MOVE! in order to reach his long-term goal of 180 pounds and even after that.

Life changing

In addition to eating a healthy diet, Kim has learned that he needs to stay active. He does this by walking and riding his bike every day.

"I feel healthier and stronger. [MOVE!] has been life changing, but you have to want it for yourself," said Kim.

Connecting with MOVE!

The MOVE! program offers a variety of ways to connect with Veterans. Kim found that individual sessions and TeleMOVE! worked best for him.

“ **The MOVE!
program works. Let
the team help you
change your life.**”

– Kim Rosenthal

