



Success Stories

Healthy Living Matters. Prevention Works.

From Trimming Trees to Trimming Pounds

VETERAN KEN TENER FOUND CONSISTENCY AND BETTER HEALTH WITH MOVE!

The MOVE! team at the VA Northern Indiana Health Care System empowered Ken to make changes to his lifestyle and build new healthy habits to lose weight and improve his quality of life.



A History of Ups and Downs

Before joining MOVE!, Ken had struggled with maintaining a healthy weight for decades. When he retired from truck driving, his health and fitness were at a low point. "I could hardly do anything," he explains. "I smoked all of the time and I could hardly breathe." Ken was able to find better health on-the-job when he started his own tree-trimming business, but after he retired for good in 2008, he rapidly regained weight. Ken started MOVE! in 2017, and while he found moderate success with MOVE! group sessions, he soon discovered that TeleMOVE! suited him best.

Answering the Call

Ken credits Wendy Beitler, his TeleMOVE! coordinator, for helping him make the most of his MOVE! experience. "I was ready to give up," he recalls, "and then I met Wendy...she gave me motivation."

A New Beginning

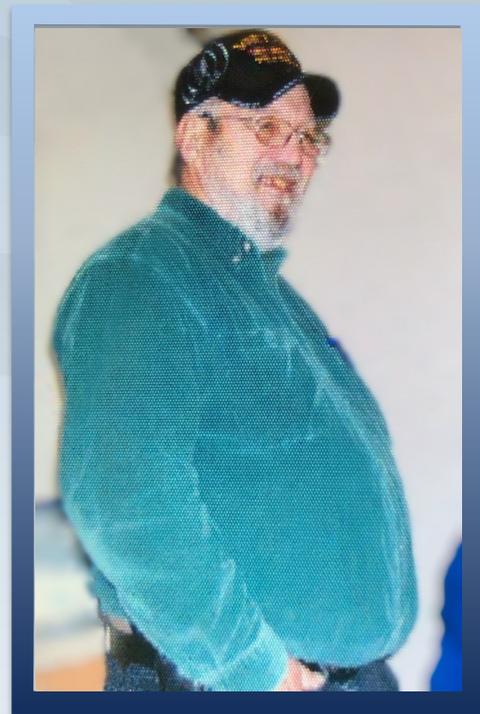
After a year of TeleMOVE!, Ken lost nearly forty pounds and improved his blood sugar levels. Later, he encountered health problems that led to surgery. Luckily for Ken, his new healthy habits had alerted him to possible problems before they came about. Once he recovered from his procedure, Ken set about engaging with TeleMOVE! for a second time.

Lasting Changes

Ken has made the most of what he's learned in MOVE! and enjoys the benefits every day. "I feel better," he says. "I can breathe so much easier. I can bend over and touch my toes!" In addition to losing over 60 pounds, Ken has decreased his insulin, improved his fitness, and lost six inches from his waistline. He stays active by taking walks and chopping wood, and makes sure to eat healthy foods and keep a food log.

“If you follow the program, it works...[MOVE!] gives us everything we need to lose weight.”

– Ken Tener



Focus on Self

For Ken, the individualized support of the TeleMOVE! team made all the difference in maximizing his self-driven nature and finding his motivation.