



November 2021

Success Stories

Healthy Living Matters. Prevention Works.

Striving for Better Health

VETERAN KENNETH ETRINGER SAYS IT WAS ONE WORD, “HEALTH,” THAT MOTIVATED HIM TO CHANGE HIS LIFESTYLE.

Kenneth worked with the MOVE! team at Milo C. Huempfner Department of Veterans Affairs Outpatient Clinic in Green Bay, Wisconsin to develop healthy habits and lose weight.

“I Wanted to Enjoy Life”

Kenneth had struggled to maintain a healthy weight for many years. By the time he enrolled in the MOVE! Weight Management Program for Veterans in November 2020 his health had begun to suffer because of his weight. “My labs were not good,” he explains. “I didn’t want to end up on meds for the rest of my life.” On his VA provider’s recommendation, Kenneth enrolled in TeleMOVE! and MOVE! Telephone Lifestyle Coaching, which offered him all the resources of the program at his convenience through one-on-one phone conversations with his MOVE! team.



VA



U.S. Department of Veterans Affairs

Veterans Health Administration

A Change of Attitude

When Kenneth began his weight loss journey with MOVE!, he did so with some hesitancy. "Once [he] received the books, the scale, and a motivating phone call from [his MOVE! team]," however, his outlook changed. MOVE!'s resources and built-in support network helped Kenneth realize that he had a real chance at making a meaningful change in his life.

Building a New Lifestyle

MOVE!'s approach to weight management centers on building simple healthy habits for eating wisely and being physically active. As Kenneth began to incorporate these changes into his life, he soon found motivation in his daily weigh-ins and accountability through phone calls with team members. "As pounds were lost," he recalls, "I started to feel better about myself."

A Team Effort

Kenneth thanks his MOVE! dietitian, Meghan Reetz-Norton, for regular check-ins that helped him stay focused and motivated. "She is without a doubt my biggest supporter and helper in this journey!"

“DO IT!!! It’s a great program that will help if you have the discipline and the desire. It will work!”

— Kenneth Etringer



Signs of Success

After a year with MOVE!, Kenneth has lost over 50 pounds and 6 inches from his waist. He works to maintain his new lifestyle by walking over 10,000 steps per day and making healthy food and beverage choices. Kenneth shares that he now sleeps better, needs fewer medications, and that his labs are all in the normal range again.