



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Persistence Pays Off***

***AFTER ENCOUNTERING A SETBACK IN HIS WEIGHT LOSS JOURNEY, VETERAN KENNETH KEITH RENEWED HIS EFFORTS AND FOUND EVEN GREATER SUCCESS.***

Ken worked with the MOVE! team at the Columbia, SC VA Medical Center to help cement his weight loss once and for all!



## ***Ups and Downs***

The first time Ken opted to enter the MOVE! Weight Management Program for Veterans, he did so at his doctor's suggestion and soon made great progress. "I lost 40 lbs. or so," he recalls, but after the program's conclusion, "I went back to eating [as I did before] and gained a lot of my weight back." Determined to overcome this setback, Ken returned to MOVE! and committed himself to rebuilding and maintaining the habits that allowed him to lose weight before. This time around, Ken used his experience as motivation to make sure his changes would last.

### ***The Second Effort***

A year after restarting MOVE!, Ken has reaped the benefits of committing to a healthy lifestyle. Thanks to his diet changes, regular exercise, and positive attitude, Ken has lost over 80 pounds!

### ***An Image of Success***

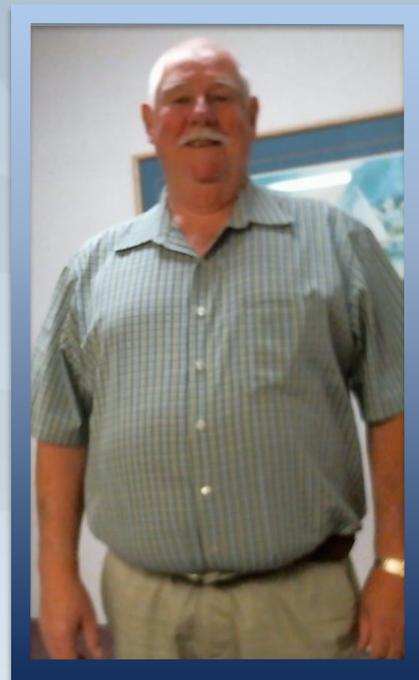
Ken's weight loss has helped him see the positive differences in his life every day. His medical conditions are better controlled, and he has been able to reduce many of his medications. His clothing sizes have dropped dramatically. Most importantly, his new lifestyle has Ken feeling good about himself. Before, he recalls, "I was miserable...[now], I feel good, my attitude is better...I can lead a good life."

### ***A Collective Effort***

Ken credits the MOVE! team for their assistance in his weight loss effort, but makes special note of the support he received from his wife. Her encouragement was "a real asset" in helping to motivate Ken to stick to his new lifestyle! Ken also used his scale and pedometer to hold himself accountable. He says, "They are my dearest friends!"

“ [To remind myself to keep moving,] I keep a big pair of pants tacked to the wall in my closet!”

– Kenneth Keith



### ***New Goals***

In addition to maintaining his healthy lifestyle, Ken has two new ambitions. For the first, he will run a 5K or a triathlon. For the second, he will celebrate reaching his goal of weighing under 200 lbs. with a banana split!