



Success Stories

Healthy Living Matters. Prevention Works.

Patience and Discipline Pay Off

VETERAN KENNETH RUSHING BUILT A NEW ROUTINE AND ACHIEVED HIS WEIGHT MANAGEMENT AND HEALTH GOALS

With the help of the MOVE! team at the G.V. (Sonny) Montgomery VA Medical Center in Jackson, MS, Kenneth committed to living a healthy lifestyle and losing weight.

Starting to MOVE!

Before joining MOVE!, Kenneth had long struggled to maintain a healthy weight. Diets, systems, and even personal trainers had failed to create lasting results. His neurologist, Dr. James Parker, recommended the MOVE! Weight Management Program for Veterans, and Kenneth decided to give it a try. He enrolled in TeleMOVE! in July 2020, and soon found himself making healthy changes to his eating and physical activity habits. What resonated most with Kenneth was the importance of tracking the calories of the food and drink he consumed and being more mindful of its nutritional value.



Simplifying with Technology

In addition to joining TeleMOVE!, which allowed Kenneth to learn how to take charge of his health through daily interactions with the automated system, he also used other technology to simplify the process. “The VA provided me with a very nice digital tracking scale, a [smart] watch to track my steps, [and] a workbook that provided basic nutrition, physical activity, and weight management information,” he recalls. These tools combined nicely with the information Kenneth received in his one-on-one sessions.

Putting in the Work

In addition to changing his diet, Kenneth also developed a new exercise routine. He now aims to walk 10,000 steps each day, and uses his break time during work to help him meet that goal!

Ongoing Progress

Kenneth has lost nearly 40 pounds since joining MOVE!, but he doesn't plan on stopping there. “I'm ready to set a new goal to lose another 30 pounds [and] officially be at a healthy weight.” He has already noticed health benefits, such as lower cholesterol, and continues to push forward to even better health.

“**MOVE! is a great program...be patient and stick with it!**”

– Kenneth Rushing



Love and Support

Kenneth achieved his weight loss success through a combination of commitment and effort, as well as support and encouragement from others. In addition to his MOVE! team, Kenneth acknowledges and is grateful to his wife for helping him make dietary changes and keeping him accountable.