



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***A Smaller Plate Led to a Smaller Waist***

***VETERAN KENNY COLEMAN FOUND THAT SWITCHING TO SMALLER PORTIONS HELPED HIM LOSE THE WEIGHT HE WANTED WITH THE HELP OF THE WASHINGTON, DC, MOVE! TEAM.***

For a decade he tried to lose weight on his own, but the pounds did not come off. MOVE! helped him go from a 40-inch to a 37-inch waist.



### ***Signed up on the spot***

One Wednesday in February 2019 Kenny Coleman was walking through the atrium at the Washington, DC, VA when he saw a Wellness Wednesday event being run by the MOVE! Weight Management Program for Veterans team. He stopped and signed up on the spot and began his weight loss journey. Kenny participated in both MOVE! group and individual sessions. Over the first 16 weeks he lost 20 pounds. He signed up again and lost another 10 pounds.

Kenny said he enjoyed being part of a group and hearing other Veterans' stories. "We were able to provide encouragement and support to each other." He also continues to check-in with a MOVE! dietitian to help him stay on track.

### ***Thinking smaller***

Portion size and lifestyle changes were some of the lessons Kenny learned in MOVE!. “I credit switching to a smaller plate for meals as one of the best and easiest ways to help myself eat healthier and stick to smaller portions.” Kenny says that by practicing healthier eating, it eventually became a part of his lifestyle.

### ***Learning from MOVE!***

One of the things Kenny likes about MOVE! is that it provides personalized coaching as well as knowledge about portions and food choices. He says the MOVE! staff not only provide guidance, but encouragement, too.

### ***Positive changes***

Since joining MOVE! and making the necessary changes to eat healthier and lose weight, Kenny has noticed improvements in his health. He is able to walk faster and farther and can walk up hills with ease. He has also seen that his cholesterol level is improving. “I’m feeling much better and stronger, with more energy daily.”

“ It’s a lifestyle not a diet. I thank the MOVE! Program.”

– Kenny Coleman



### ***All in the family***

Kenny benefited from the support of the MOVE! team and group members as well as his family. Now his family is benefiting, too, as they begin to adopt some of his healthy habits.