



# Success Stories

Healthy Living Matters. Prevention Works.

## Trending Toward Better Health

*VETERAN KEVIN PHELAN "GOT SERIOUS" ABOUT MANAGING HIS WEIGHT WITH THE HELP OF HIS MOVE! TEAM*

Kevin worked with the team at the VA Central Western Massachusetts Healthcare System in Leeds, MA, to develop healthy habits and achieve weight management success.

## Dissatisfaction as Motivation

Kevin explains that before joining the MOVE! Weight Management Program for Veterans, he had struggled to maintain a healthy weight for several decades. More than just his weight, however, Kevin was dissatisfied with the quality of his overall health. His blood pressure and lack of energy left him "feeling lousy overall," so when he found information about MOVE! on a visit to his VA provider roughly ten years ago, he jumped at the chance to request a referral. Since then, Kevin has taken advantage of all that MOVE! has to offer, both in-person and through TeleMOVE!



### *Empowered to Succeed*

Kevin explains that MOVE! worked for him in large part because of his “great VA mentors” and the MOVE! resources made available to him, such as the Veteran workbook. He “just felt comfortable in [group sessions] and found changing [his] lifestyle” was easier to manage with the support and encouragement of his peers and the MOVE! team. “My dietitians and group leaders were all so well informed,” he shares, “and able to keep me educated and motivated to meet and exceed goals.”

### *Making a Splash*

In addition to being more mindful of his eating and drinking habits, an essential part of Kevin’s journey to better health was increasing his physical activity. In addition to walking for 45 minutes daily, Kevin has added morning swims to his regular routine.

### *A Continuing Effort*

Over his decade with MOVE!, Kevin has lost roughly 70 pounds. A big part of his success, he shares, is continuing to stay committed to the changes which helped him achieve better health. “My medications were cut,” he explains, and “my blood work has improved dramatically.” His sleep and energy have improved as well!

“I’m really pleased with my nutrition, exercise, and life in general.”

– Kevin Phelan



### *Full Endorsement*

Kevin wants other Veterans to know that “MOVE! will motivate you to achieve your goals.” He shares that the encouragement and support he has received throughout his time with MOVE! has made a great difference, and that his MOVE! team empowered him to succeed.