



# Success Stories

Healthy Living Matters. Prevention Works.

## Stop Talking and Start Doing

*KIRK WHITE HELD HIMSELF ACCOUNTABLE FOR MAKING CHANGES WITH SUPPORT FROM THE TRUMAN VA MOVE! TEAM.*

Kirk built confidence throughout his MOVE! experience. This resulted in what he called “the best self-esteem boost” as his efforts led to weight loss.



## Taking Responsibility

Veteran Kirk White had been heavy ever since getting out of the Army. He had tried to lose weight with a low-carbohydrate diet but regained the weight after resuming a normal diet. Faced with low energy and chronic pain, Kirk decided to give the MOVE! Weight Management Program for Veterans a chance when his primary care provider recommended it to him. He had reservations about whether MOVE! would work for him but decided to change his attitude and give MOVE! his best try.

### *Making Reasonable Choices*

MOVE! worked for Kirk because he knows he can still eat what he enjoys. He learned how to choose foods lower in calories that still give him sustainable energy. Now he eats smaller portions and is making healthier food choices. Kirk shared one example of a change he has made: for one meal he was going to have pizza but upon realizing it contained 500 calories, he decided to go home and eat apples and carrots instead. Before MOVE! he would have had two slices of pizza with soda and then questioned why he couldn't lose weight. Kirk also finds ways to be active doing body weight exercises and spending less time sitting.

### *One Week at a Time*

Kirk lost 24 pounds over the twelve weeks of the MOVE! Program. During this time, his weight plateaued for a month, but he learned that plateaus can be part of the process. Since completing MOVE! in May 2018, Kirk lost an additional 24 pounds. And Kirk has reaped many benefits from his weight loss. He has more energy, finds it easier to breathe and sleeps better at night. His diabetes control improved, and he went from a size 48 to size 42 pant—and the 42 is loose!

“ I feel more energized and am motivated to lose even more weight”

– Kirk White



### *Plans for More*

Kirk encourages Veterans to embrace MOVE! with an open mind and take it one week at a time. One year after completing MOVE!, he has kept off the weight and has a new goal: to lose 50 pounds in the next year. And with his new found confidence, Kirk believes he can do it.