



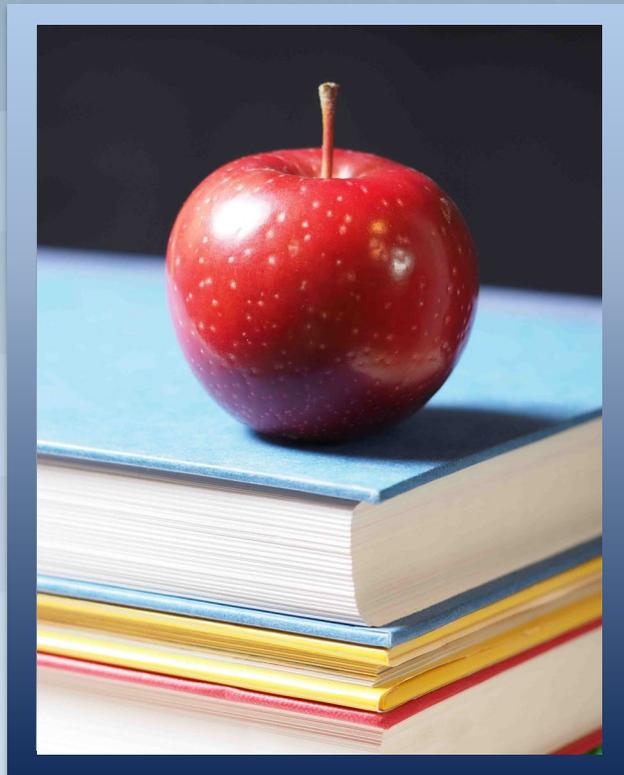
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Putting Her Mind to It***

***VETERAN LAWANYA GEORGE COMMITTED TO MAKING LIFESTYLE CHANGES AS PART OF HER JOURNEY TO BETTER HEALTH***

LaWanya benefited from the comfort and convenience of virtual MOVE! sessions conducted by the MOVE! team at the G.V. (Sonny) Montgomery VA Medical Center in Jackson, MS and continues to see benefits in her weight loss journey.



## ***Choosing to Change***

LaWanya had struggled with her weight for nearly 20 years. She tried many different diets in the past but the results she achieved did not last. After being diagnosed with diabetes, her concerns about her weight shifted toward improving her overall health. LaWanya joined the MOVE! Weight Management Program for Veterans in 2020 and became engaged in virtual group sessions. Given the restrictions presented by the COVID-19 pandemic, this option allowed her a safe and convenient way to work toward her goals.

### ***Tools of the Trade***

LaWanya took advantage of the information and resources provided by her MOVE! team to adopt a healthier lifestyle. She liked the fact that she could work at her own pace between VA Video Connect MOVE! sessions. She put her MOVE! Veteran workbook to use, and incorporated the feedback and encouragement offered from her peers and family. LaWanya thanks her MOVE! team members, especially Denise Barnett and Tracy Fritts, for their support throughout her journey to weight loss success.

### ***Building a Foundation***

LaWanya has earned her success by incorporating what she learned in MOVE! into her regular routine. She now walks thirty minutes per day, five times per week to stay fit. LaWanya also adjusted her diet, as she explains "I [now] eat smaller portions, count calories, and snack less...I'm enjoying my weight loss and looking forward to losing more weight and feeling even better!"

**“If you put your mind to it, the MOVE! program will work for you!”**

– LaWanya George



### ***Signs of Success***

Since joining MOVE!, LaWanya has lost over 20 pounds and continues to work to lose even more. Her cholesterol and blood pressure levels have improved, and she has set her sights on improving her health enough to no longer require insulin.