



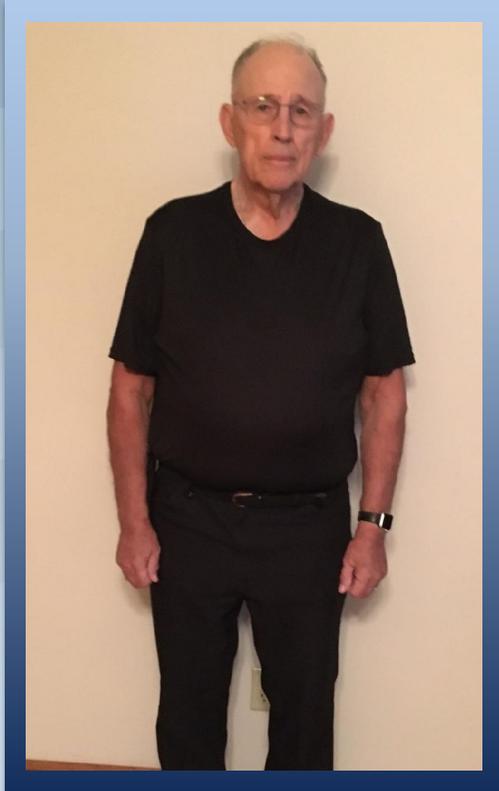
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Walking the Path of Healthy Living***

***VETERAN LARRY KNOCK TOOK THE LESSONS HE LEARNED WITH MOVE! TO HEART AND ADDED PHYSICAL ACTIVITY TO HELP HIM ACHIEVE WEIGHT LOSS SUCCESS.***

Larry worked with the MOVE! team at the Iowa City VA Health Care System to build a new, healthier lifestyle and gain the benefit of better health.



### ***Starting to MOVE!***

Larry began struggling to maintain a healthy weight after he was injured while working as an Iowa State Trooper. He tried to manage his health by cutting out certain foods from his diet, but when he became less diligent in keeping track, Larry would gain weight again. His weight contributed to constant pain in his knees and back, so when Larry's primary care provider suggested that he join the MOVE! Weight Management Program for Veterans, he saw an opportunity to lose weight and improve his overall health, too.

## ***Making the Call***

Larry started TeleMOVE! in October 2019 and began monthly check-in calls with his MOVE! Telephone Lifestyle Coaching team and coach Ross Petersen. Along with his team, Larry received support and encouragement from his family and friends throughout his weight loss journey.

## ***Developing New Habits***

Larry used the tools and information MOVE! provided him to reshape his lifestyle. He began tracking his food intake, managing the size of his portions at meals, and including more fruits and vegetables in his diet. Just as important for Larry's progress was becoming more active, which he did by increasing the amount of time he walked every day. Before joining MOVE!, Larry would typically walk 400-600 steps per day. Today, he has increased that amount tenfold!

## ***Motivation to Continue***

Larry has already lost over 100 pounds with MOVE!, but he has set a new goal and continues to work toward even better health. He plans to stick to his healthy habits and enjoys hobbies such as hunting and fishing now that he has less pain.

**“I feel better and have more energy than I have had in years!”**

**– Larry Knock**



## ***The Right Mindset***

Larry's wife lost weight when she was recently treated for cancer, and as she looks to recover that weight he encourages her to eat whatever she likes. "I take her for ice cream and she bakes," he explains. "It doesn't bother me to be around people eating sweets."