



Success Stories

Healthy Living Matters. Prevention Works.

Taking Control With MOVE!

VETERAN LARRY PERATTA USED THE TOOLS AND SUPPORT HE RECEIVED IN MOVE! TO CHANGE HIS LIFESTYLE AND ACHIEVE BETTER HEALTH.

With the help of the MOVE! team at the Oklahoma City VA Health Care System, Larry found community and motivation for his weight loss journey.



A Time for a Change

When Larry realized his diabetes was “getting out of control,” he knew he needed to act. His physician recommended the MOVE! Weight Management Program for Veterans, and in short order Larry found himself attending weekly group sessions. He was immediately impressed and took care to review the numerous resources that he received from his instructors. Larry shared that the “handouts, workbooks, and other information” helped him take the first steps toward a new, healthier lifestyle.

Working Together

The MOVE! group sessions helped Larry stay committed to the program. "Being in class with other Veterans who had the same weight [goals] as [me] motivated me to work harder," he explains. Larry is grateful for his MOVE! instructor and team who helped him stay focused.

The Home Team

In addition to his MOVE! team and peers, Larry could also rely on his wife for help. "My wife," he recalls, "was my greatest supporter...she measured my meals, helped me count calories, and...[encouraged me]" throughout the program. Larry's support network enabled him to make great strides and achieve the weight loss success he had envisioned.

Choosing Better Health

After graduating from MOVE!, Larry made sure to maintain the healthy behaviors he had developed. He is now more mindful of what and how much he eats and has incorporated exercise into his daily routine. Larry's new lifestyle has granted him significant health benefits. He has lost over 40 pounds and no longer needs to take insulin for his diabetes!

“If you're a Veteran and you need to lose weight, you need to check out the MOVE! program. It's worth the effort.”

– Larry Peratta

