

## Miami VA Healthcare System MOVE!® Program 54 pounds and still MOVE!ing

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Lavalle Jackson weighed 233 pounds when he started the Miami MOVE! Weight Management Program in June 2009. He was interested in losing weight "but not ready to make a change." Months later Mr. Jackson's weight increased to 255 which he attributed to lack of motivation and depression, "I was coping by eating." He attended the MOVE! Introductory class again, and then completed 9 of 10 MOVE! Program Group Sessions. Despite his involvement and increased awareness of physical limitations resulting from weight gain, by November 2010, his weight had soared to 278 pounds. He indicated that he was "gathering the information, but I couldn't stop doing what I was doing, getting up at night and snacking, drinking a lot of sodas and juice, and not controlling my portions." Despite his frustration, he found hope and inspiration to continue trying in his spiritual beliefs and in the service work that he provides to others.

According to Mr. Jackson, the tipping point was when he received information about his elevated lab values: "It just clicked that if I wanted longevity, I had to apply myself." Utilizing the information, he had gathered in MOVE!, he started making changes. He reported, "I cut out the sodas and juice, ate in moderation with balanced meals, and started having healthy snacks." He initiated an exercise program using his work opportunities at the Miami VA to walk more, then added bike-riding, and playing basketball a couple times a week. Mr. Jackson continued involvement in MOVE!, receiving follow-up in the Metabolic Clinic.



**Mr. Jackson after Participating in MOVE!®**

In January 2010, his recorded weight loss was 39 pounds. He continued to work daily at weight management, and his most recent weight was 224 pounds. "I still have a ways to go, at least 20 more pounds, but I know that it works!" The keys to his success have been "working at it every day – I don't think too far ahead, staying physically active, and eating for longevity."

Mr. Lavalle Jackson willingly shares his experience and success with other Veterans and VA employees hoping they will join him in his quest for longevity by establishing and maintain healthy living habits. Congratulations to Mr. Jackson and the Miami MOVE! team.

***Congratulations on your  
successful weight loss!***