



Success Stories

Healthy Living Matters. Prevention Works.

Getting Back on Track with MOVE!

AFTER GAINING WEIGHT WHILE RECOVERING FROM INJURY, VETERAN LESTER MAGEE DECIDED TO CHANGE HIS LIFESTYLE AND TAKE CONTROL OF HIS HEALTH

With the help of the MOVE! team at the G.V. (Sonny) Montgomery VA Medical Center, Lester learned diet and exercise techniques and put his weight loss plan into practice!

The Cost of Injury

When Lester retired from the Army in 2015, he found himself a bit heavier than he liked, though he still kept up with his exercise routine. Then, after suffering a series of injuries, he gained weight as his fitness level declined. "I realized I'd allowed my injuries to excuse my transformation into a couch potato," he recalls. Lester was determined to get back on the right track and gladly accepted the invitation from his primary care provider to join the MOVE! Weight Management Program for Veterans.



Not Just a Diet

During MOVE! group sessions, Lester “learned about the importance of getting off the couch...[and] eating balanced meals including foods from every food group. Most importantly,” he notes, “I was taught that this was...a lifestyle change.” For Lester, MOVE!’s comprehensive structure made the difference and he developed habits to ensure lasting success.

More Than a Solo Effort

In addition to routine weigh-ins and regular food logging, Lester credits the support of other Veterans in the program with keeping him motivated. “I was able to hear from other Veterans...share my own successes and setbacks and learn about [theirs].” That sense of community helped Lester focus both on achieving his goals and overcoming challenges.

A Complete Turnaround

Over his first year and a half in the MOVE! program, Lester lost nearly 50 pounds! “The MOVE! team...provided all the tools and information,” he recalls, “as well as guidance...If you stop or fall off the plan before you reach your goal (like I did), [they] will be there to help you get up and start again.”

“**The MOVE! program is not a diet...it’s a plan for better health and gradual weight loss.**”

– Lester Magee

Maintaining the Change

For Lester, the MOVE! program is more than a one-time effort. In addition to maintaining his involvement, he has established lifestyle habits to support his continued success. “I do not want to regain the weight,” he explains, “[so] I attend group sessions, eat less junk food, and eat more balanced meals.” Lester has also committed to staying active by walking at a brisk pace for an hour each day. Prior to his experience with MOVE!, weekly yard work had been a challenge. “Now,” he says, “I push the mower with ease!”