



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Embracing a Second Chance at Life***

***VETERAN LISAMARIE HUDAK TURNED HER LIFE AROUND BY COMMITTING TO THE JOURNEY OF BUILDING A NEW LIFESTYLE.***

Lisamarie worked with the MOVE! team at the Northport VA Medical Center in Northport, NY to develop healthy habits and achieve her weight loss goals.



## ***Taking Back Control***

Lisamarie's struggles with maintaining a healthy weight began after she suffered an injury in 2016. At first, she tried a variety of commercial diets to lose weight, but none of them led to long-term success. When her VA provider recommended the MOVE! Weight Management Program for Veterans in preparation for weight-related surgery, Lisamarie saw an opportunity to "live the life [she] knew [she] should be living." She joined MOVE! in 2019, determined to stick with her effort no matter the challenge.

## ***Perspective and Discipline***

Lisamarie explains that one of the main reasons she was able to achieve such great success with MOVE! is that it is designed to help Veterans build a healthier overall lifestyle. For Lisamarie, this meant a comprehensive change, “physically, mentally, and spiritually.” Her renewed focus and positive outlook helped her stay accountable during her weight loss journey.

## ***Help From the Team***

Lisamarie thanks her MOVE! team, as well as her surgeon, for their support and encouragement. At home, she found motivation in her husband, who “kept [her] going and [cheered her] on.” Lisamarie’s determination and discipline, combined with her strong network of support, helped her achieve great success.

## ***Moving Forward***

Since beginning MOVE!, Lisamarie has lost 85 pounds and plans to maintain her progress with her new lifestyle. In addition to making healthier food and beverage choices, she now works out six times per week and has completed a 5k run. Her physical activity goals include completing a half and a full marathon. Her new habits have also improved her overall health, in the form of a return to normal blood pressure and cholesterol levels.

“I want to be an inspiration for others that think you can’t do this. You are stronger than you think.”

– Lisamarie Hudak

