



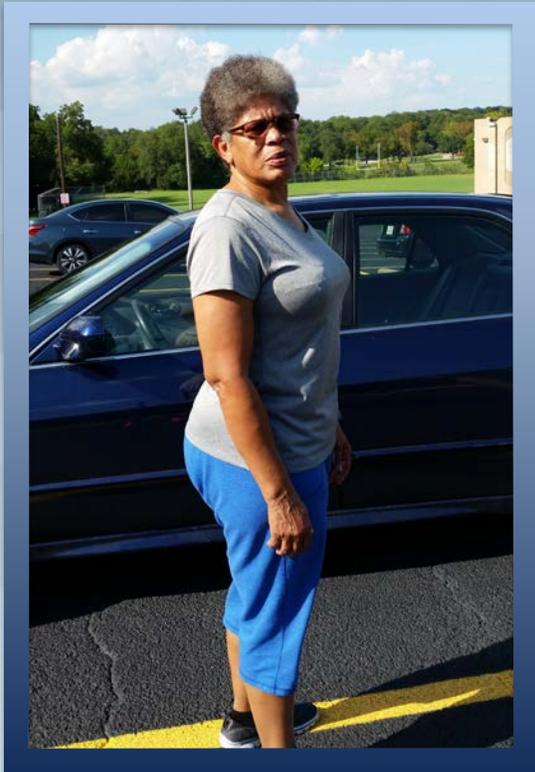
Success Stories

Healthy Living Matters. Prevention Works.

"MOVE! has changed my life"

MADELINE RICHARD DESCRIBES THE MOVE! PROGRAM AT THE POLK CBOC, PART OF THE VA NORTH TEXAS HEALTH CARE SYSTEM AS LIFE-CHANGING.

Madeline has taken what she learned in MOVE! and is using it every day. Her life has changed in a variety of ways. Keep reading to learn more about how MOVE! helped Madeline to live again.



A moment of reality

Active with work and other activities until 1998, Madeline's weight was typically normal or below normal. Then a more sedentary job, less outside activities and quitting smoking started her on a path to gaining weight. She says a combination of poor food choices, decreased activity and "middle aged spread" didn't help either. "My moment of reality came one day as I was walking up the stairs to my apartment – winded, swollen ankles and sore knees – I seriously thought about living in my garage and car rather than tackling those stairs again." She tried going to the gym, a personal trainer, and various diets, but her weight continued to fluctuate and she resigned herself to being overweight.

A healthy investment

After retiring in 2016, she had her first appointment at the Dallas, TX VAMC. Her nurse asked if she was interested in MOVE! In January 2017 she began participating in a MOVE! group. She finished the 16-week program with a 17-pound weight loss and started attending fitness classes at her local YMCA. Now, after MOVE! she says, "Although I am not actively attending MOVE! classes, I feel I am still part of the program. I use the tools I gained...body, mind and spirit changes. I plan a healthy plate for each meal, limit my starch and sugar intake, exercise at least 30 minutes, 5 days a week and participate in emotional and spiritual activities."

What does MOVE! mean to you?

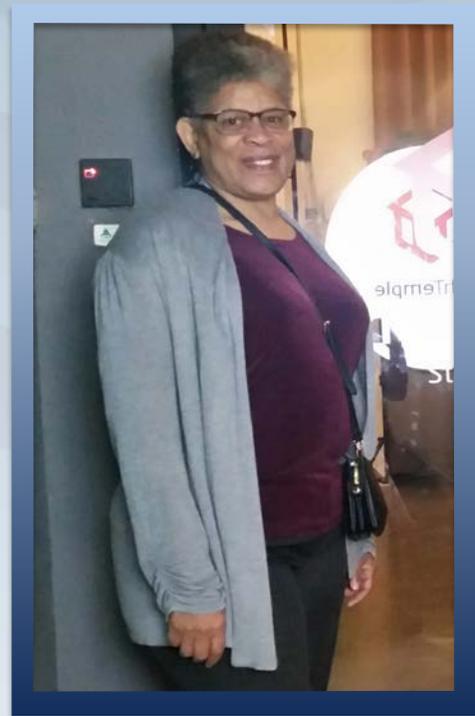
For Madeline, MOVE! means "getting my body and mind active through constantly changing my attitudes, behaviors, moods, beliefs, as well as physical activities to improve my complete health. Taking the information and using it in everyday life has helped me *help me*."

How has MOVE! changed your life?

"Since participating in MOVE! I have gone down 4 dress sizes and lost 5 to 10 inches from my bust, waist and hips. I had exceeded my original goals by keeping an exercise routine. I'm not as tired and when I do feel sluggish or tired, I get up and move."

"I was *living*, now I have *quality of life*. [MOVE!] motivated me and helped me to live again."

– Madeline Richard



"I feel better overall"

"I participate in more physical activities. I think and sleep better...my knees don't hurt as much...my ankles aren't swollen and I breathe much better. I know that it's easier to stay the same than it is to get better, but is your quality of life more important than just living?"