



Success Stories

Healthy Living Matters. Prevention Works.

A Big Loss for Proffitt

AFTER STRUGGLING WITH OBESITY FOR SOME 25 YEARS, MARK PROFFITT USED TELEM MOVE! TO LOSE OVER ONE HUNDRED POUNDS!

Mark had tried losing weight on his own without success, as he would quickly regain any weight lost through dieting. Within one year of joining MOVE! at the Alexandria VA Health Care System, Mark met his 100-pound weight-loss goal!



Motivated to MOVE!

Entering the summer of 2016, Veteran Mark Proffitt hit a low point. "On May 31, 2016, I weighed in at 291.8 pounds," Mark recalls. "I had low self-esteem and did not like what I saw in the mirror."

Mark's physician at the Alexandria VA Health Care System had recommended the MOVE! program. Mark decided to give it a try, and chose the TeleMOVE! care option. He hoped the daily interaction provided by TeleMOVE! would be the motivation he needed to stick with his program.

What happened when you started MOVE!?

"I read the materials given by my dietitian and called in every day. I limited myself to 1800 kcals/day net, after any physical activity. Some of my food selections changed, as prompted by the program. My selections often included low-fat, higher fiber options."

What was different about MOVE!?

"The daily call-ins and the TeleMOVE! reminders and hints helped me stay on track. My disabilities prevent me from long, hard workouts. So I started working out about 3 times a day for 5 minutes each doing stretches and low-intensity exercises. I track my calories and exercise with an easy-to-use phone app. Overall, MOVE! is easy and does not involve much time."

What have you accomplished through MOVE!?

"On June 24, 2017, I reached my goal of a 100-pound weight loss. Now, I weigh 191 pounds, and I've been at a healthy weight for 4 months. I went from a 42-inch waist to a 34-inch waist, pant size and dropped a shirt size. Also, I no longer need to use my CPAP machine, as my sleep apnea has improved and I have quit snoring. My resting heart rate is down as well."

"And now, VA staff and my co-workers tell me how good I look!"

"The MOVE! program is easy to follow, encouraging, and does not take up much time."

– Mark Proffitt

