



Success Stories

Healthy Living Matters. Prevention Works.

He Saw the Writing on the Wall

A MOVE! POSTER ON THE WALL OF THE VA MEDICAL CENTER IN NORTHPORT, NY, STARTED VETERAN MICHAEL CHARZUK ON HIS WEIGHT-LOSS JOURNEY.

Using a mindful approach to track his food intake and physical activity has helped Michael lose 35 pounds.

It was for him

At age 60, Michael noticed he started gaining weight. By the time he reached age 76 he had gained 25 pounds. He saw a poster promoting the MOVE! Weight Management Program for Veterans at the Northport VAMC. After looking at the MOVE! website and attending a MOVE! orientation, he decided it was for him. He says, "I tried several programs, the diet center and fad diets. It was a struggle until I started the MOVE! program." After joining MOVE, Michael started losing weight and after eight months he had lost 35 pounds and continues to participate in MOVE!



Mindfulness and weight loss

Prior to starting MOVE!, Michael learned about mindfulness when he was undergoing grief counseling at the VA. "I learned that mindfulness is useful in dealing with stress, weight control and many other facets of life."

In MOVE! he learned to apply the principles of mindfulness to his weight management efforts. Michael says he discovered the psychology of food and eating. "Being aware of when I eat, why I eat, and my mental attitude at the times I eat became the most important factor in my success in the program." He added that he is grateful to the VA for their holistic, Veteran-centered approach to health and wellness.

Other lessons

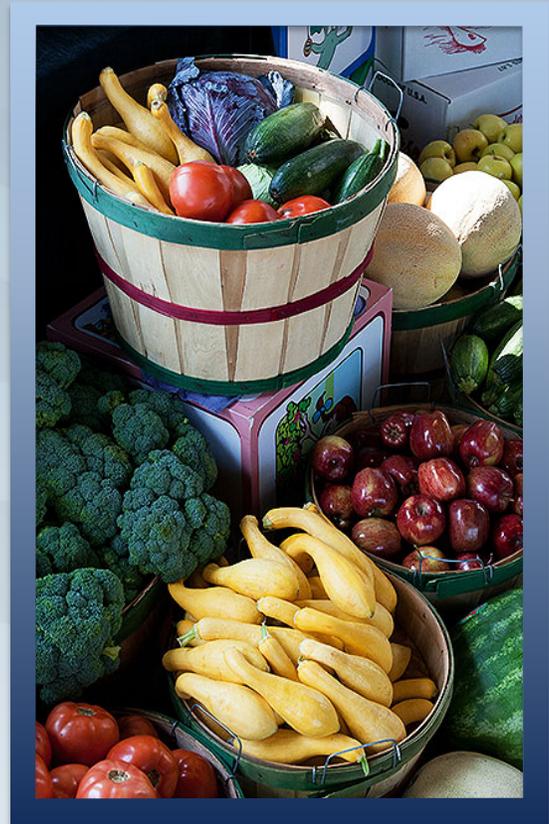
Along with learning to use a mindful approach to eating, Michael said that one of the most significant practices to help him lose weight was keeping a food and activity log.

Staying active

Michael is staying active. He walks 5 miles per day, has more endurance and a more positive attitude. "I also meditate and practice yoga every day." He added that one result of his efforts is that his blood sugar levels are trending down.

“**MOVE! WORKS!**”

– Michael Charzuk



Inspiration and motivation

Michael shares the impact his MOVE! team had on him. "I was motivated and inspired to start the MOVE! Program. I was inspired by their enthusiasm and they inspired me to remain enthusiastic about maintaining my health."