



Success Stories

Healthy Living Matters. Prevention Works.

Enjoying Life for the First time in Years

IN THE HOSPITAL WITH SEVERE STOMACH PROBLEMS, VETERAN MICHAEL LINDSEY CONNECTED WITH MOVE! TO MAKE CHANGES

Working with the Northern Indiana VA Health Care System MOVE! team, Michael has lost more than 54 pounds and is back to doing the things he enjoys.



45-year struggle

For 45 years Michael struggled with his weight. He says he didn't always follow recommendations provided by health care providers and he would often lose weight only to gain it back quickly.

"I'm so grateful for being introduced to the MOVE! program. I am enjoying life for the first time in years." He says the MOVE! Weight Management Program for Veterans gave him the tools and information he needed to lose the weight.

"The MOVE! classes helped me establish a baseline of how to improve my overall eating habits, specifically reducing the size of the servings I was eating."

More veggies

Michael appreciated learning about different foods he had never tried. "I have added more vegetables into my diet than I have ever eaten before." To help him learn how to prepare healthy and tasty meals he also took part in Healthy Teaching Kitchens, a series of cooking classes offered at many VA medical centers.

One foot in front of the other

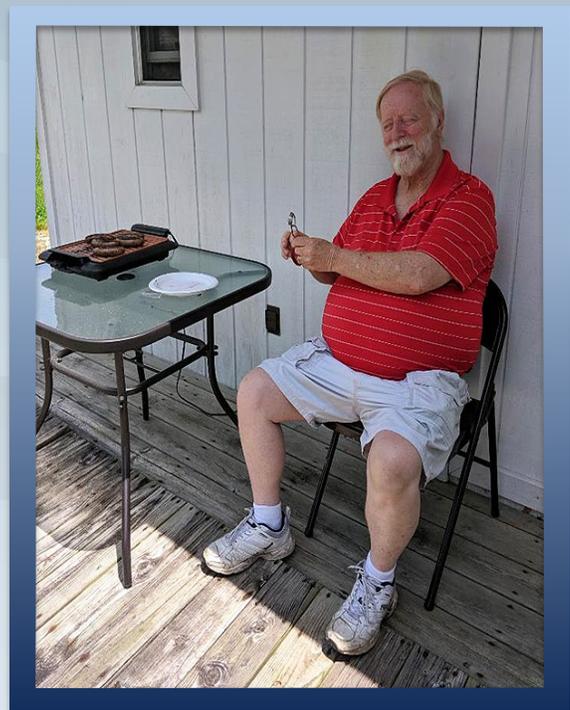
Along with learning what and how much to eat, Michael learned how to increase his physical activity. "[The MOVE! team] also encouraged me to start up a walking program. I started the program barely being able to walk 10-15 minutes before becoming short of breath and having pain." Now, he easily walks for an hour at 3.5 mph on his treadmill. And what's more, Michael says, "It is astonishing how much easier it is to accomplish yard work this year compared to years past."

Along with MOVE!

After completing 16 sessions of MOVE! Michael decided to take advantage of other classes offered at his site to improve his health in addition to the healthy teaching kitchen. These included Chair Chi and Taekwondo.

“ It worked, you have to stick with it, and not give up and listen to your instructors.”

– Michael Lindsey



To other Veterans

"If you want to see improvement in your ability to accomplish everyday tasks with ease and with energy, give MOVE! a try. It helped me find small things in my life that I could change that I'm maintaining and keeping this weight off!"