



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Making a Spectacular Change***

### **VETERAN NICK JENSEN LEARNED HEALTHY HABITS AND BEGAN MANAGING HIS WEIGHT WITH A NEW LIFESTYLE**

Nick worked with the MOVE! team at the Aleda E. Lutz VA Medical Center in Saginaw, Michigan, to overcome his frustrations and find the right path for weight loss success.



### ***Past Struggles***

After he retired from military service, Nick began to struggle to maintain a healthy weight. He suffered from lingering effects of several injuries and found himself eating more and exercising less. "Like a lot of Veterans with pain and injuries," he explains, "it was disappointing to once be in the best shape of my life and now to [struggle with] control." Nick felt frustration with his weight and his health, as well as the effects each had on his daily life. When his VA provider suggested he give the MOVE! Weight Management Program for Veterans (MOVE!) a try, Nick took his chance to make a change.

### Going Green

Nick took his first steps with MOVE! in early 2018 at roughly the same time that he began a vegan diet. He credits his MOVE! team with helping him build his diet to ensure proper nutrition in his new lifestyle.

### The Holistic Approach

Nick cites MOVE!'s focus on manageable food and activity goals as one of the main reasons he was able to achieve weight loss and better health. In addition to choosing healthier foods, managing portion size, and tracking his eating with a food log, Nick also seized the opportunity to become more physically active through walking and low-impact exercise. Three years after first joining MOVE!, Nick now regularly walks between 20,000 and 30,000 steps each day! "I remind myself that I have to keep moving to not only keep the weight off but to prevent soreness and stiffness," he shares.

### Sticking With It

Since joining MOVE! in 2018, Nick has lost 55 lbs. and continues to work to maintain his healthy weight. "If I want to keep enjoying the rewards of feeling better," Nick explains, "I have to keep moving and eat well."

**“Show up, listen, and train, and [MOVE!] will save your life! I’m here to tell you it saved mine.”**

– Nick Jensen



### Trusting His Team

Nick thanks his MOVE! team for going above and beyond in their help throughout his weight management journey. The encouragement and support he received from so many in MOVE! leaves him with "nothing but praise" for the program.