



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Embracing the Holistic Approach***

***VETERAN OCTAVIO GARZA EMBRACED THE LESSONS HE LEARNED IN MOVE! TO MANAGE HIS WEIGHT AND IMPROVE HIS HEALTH***

With the help of the MOVE! team at the Central Texas Veterans Health Care System, Octavio has reaped the benefits of his new healthy lifestyle.



## ***Finding the Right Help***

In 2018, Octavio decided that he needed to lose weight to improve his health. He achieved moderate success with an independent program, but after his progress stalled, Octavio asked his primary care provider for help. She referred him to the MOVE! Weight Management Program for Veterans. In February 2021, Octavio joined MOVE! as part of a holistic approach to achieving better health. "I decided to try the MOVE! Program as well as use VA counseling services and general practice [providers]...VA provided all the services I needed."

## ***A Call to Change***

For Octavio, the convenience of TeleMOVE! allowed him to remain flexible while building healthy habits. He thanks his MOVE! coordinator, Amber Everett, for her continued support throughout his weight loss efforts. "Amber was...always ready to help and provide guidance," Octavio recalls.

## ***By the Book***

Octavio also found the MOVE! Veteran workbook especially helpful in developing his new diet and exercise habits. It was "the most comprehensive single source of [weight management] information [he] had ever seen." He was inspired to create his own spreadsheet where he tracked his daily efforts and accomplishments to improve his mental, physical, and spiritual health and wellness.

## ***Achieving New Heights***

Octavio was motivated to improve his health for many reasons, and among the most important was to develop the fitness level necessary to join his children in their challenging hikes. After all, he shares, "no room for carrying extra weight when ascending a 14,000-foot mountain peak!"

**“I feel awesome! Not only great physically, but mentally, emotionally, and spiritually too.”**

**– Octavio Garza**



## ***Continuing to Push Forward***

Octavio lost 25 pounds in his first three months with MOVE!, and after achieving this original goal, he is now motivated and determined to continue living a healthy lifestyle. "I feel great," he explains. "I can exercise. I feel strong. I am much happier and deal with life's ups and downs much more constructively."