



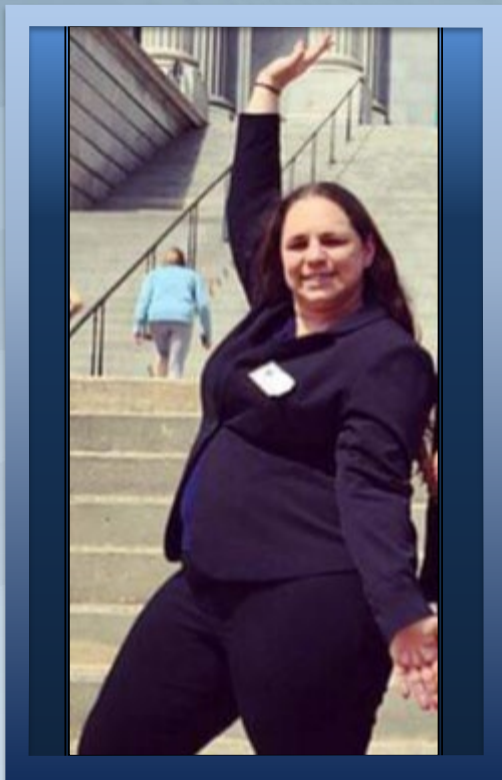
Success Stories

Healthy Living Matters. Prevention Works.

No More Excuses

ARMY VETERAN PARVATI GOVINDA SAID "ENOUGH IS ENOUGH" AND GOT SERIOUS ABOUT WEIGHT LOSS.

Parvati joined VA's innovative TeleMOVE! Program at the Ralph H. Johnston VA Medical Center in Charleston, SC. She's lost 42 pounds and is well on her way to her goal weight!



When did you start to struggle with weight gain?

"I developed a bad habit while I was in the military: I would eat whatever I wanted. When I started putting on weight at age 26, I couldn't find the willpower to stop.

"When I was discharged from the U.S. Army, I was in a lot of pain. I fell into a depression that I could not get myself out of. I would eat because I was bored, and I slowly put on weight.

"I started to notice, but I didn't have the willpower to stop eating. I would diet, but would always find an excuse to stop, or blame it on my back and joint pain."

What changed for you then?

"I reached the weight of 270. I tried to paint my toes and could no longer do it. I told myself, 'enough is enough!' It had been 8 years of shame, doubt, and low self-confidence.

"I told my doctor I was serious about weight loss. She recommended and referred me to the TeleMOVE! Program."

What happened next?

"I started [TeleMOVE!] June 11, 2018. The first questions I was asked were how serious I was and my willingness to make changes. For once, I was confident I could do it.

"The MOVE! Program gave me all the tools I needed for success. This program is more than an instructor telling you what to do; it is a relationship you develop with staff who truly want you to succeed. With the support of the VA team and education provided, I have been successful."

How has MOVE! helped you so far?

"I have lost 42 pounds, 4¼ inches from my waist, and 6 inches from my hips. I'm still losing weight! I am working to get to my goal weight of 155.

"I follow the healthy plate method and keep up with my weekly activity goals, reaching my step goal daily and doing a variety of exercise three times per week. I am generally healthier and have less pain.

“ MOVE! gave me all the tools I needed for success.”

– Parvati Govinda



"I know, without a shadow of a doubt, I would not have been able to lose this weight without the daily accountability and encouragement from the MOVE! Program personnel at the VA.

"VA staff, family, and friends were there when I needed them."