



August 2020

# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Going Back to Good Eating Habits***

**THE MOVE! TEAM AT THE WASHINGTON, DC, VA HELPED PAUL HEPP RETURN TO HEALTHY EATING HABITS AND LOSE THE WEIGHT HE WANTED.**

Other attempts to lose weight had failed, but applying what he learned from the MOVE! team worked.

### ***Getting reacquainted***

Paul had good eating habits, but over time, he drifted toward unhealthy ones which resulted in him putting on extra weight. He tried to lose weight on his own and with other programs, but they only worked for a while and he would regain the weight. His nurse at the VA Clinic in Montgomery County, MD, suggested he try the MOVE! Weight Management Program for Veterans.

"Because of the program, I started again to avoid foods that I should avoid and started snacking in a healthier manner." Paul shares that with MOVE! he has lost 30 pounds and is keeping it off. He says, "I am much more careful about what and how much I eat. I feel more energetic."



**VA**



**U.S. Department of Veterans Affairs**

Veterans Health Administration

### Great support

As part of his MOVE! participation Paul attended both in-person group and one-on-one phone sessions. For him, the support of the MOVE! staff was one of the keys to his weight loss success.

According to Paul, the coaching from both the dietitians and psychologists was outstanding and the individual sessions were extremely helpful getting him off to a good start in the program.

"I am very grateful to the entire MOVE! team for providing me with the opportunity and resources to help me make changes in my behaviors and lifestyle to make me a healthier and happier person."

### Impact on diabetes

The weight loss Paul achieved through MOVE! has also had an impact on his diabetes. "I am a type 2 diabetic and through MOVE! and weight loss, my HbA1C levels went from over 8 to 6.1. I have now been able to drop one of my diabetes medications."

**“ Try the MOVE! Program. It is very likely to help you. You have nothing to lose!”**

– Paul Hepp



### Encouragement at home

Along with the encouragement of the MOVE! team Paul also has great support from his wife. "My wife has been very helpful in encouraging me and preparing healthful meals for me."