



Success Stories

Healthy Living Matters. Prevention Works.

A Long Look in the Mirror

AFTER 8 MONTHS IN THE MOVE! PROGRAM, VETERAN PAUL SIMMS IS STILL LOSING WEIGHT!

Paul completed the 16-week MOVE! Program and now attends monthly maintenance groups at the John D. Dingell VA Medical Center in Detroit, MI.



Something Had To Be Done

Veteran Paul Simms admits that he had been in denial about his weight. He was not eating healthfully nor being physically active enough to lose weight. He says it took a very honest look in the mirror to admit that he needed to do something about his weight. During a visit with his primary care doctor, she suggested he check out the introduction class for the MOVE! Weight Management Program for Veterans to see if it was right for him.

Joining the MOVE! Program

Starting in February 2019, Paul attended the 16-week MOVE! group sessions. He shared that he felt the MOVE! staff were outstanding! Paul found their comprehensive knowledge and use of the program materials to be most helpful. “They explained very clearly about good and bad eating habits. They answered all of my questions regarding eating.” Paul learned that MOVE! is not a diet but a portion control plan, which he explained as the “difference between eating three slices of pizza versus one slice of pizza and a salad.”

Lose Weight and Keep it Off

Following the MOVE! recommendations, Paul set weight loss goals for 4 months, 8 months, and 12 months. “By planning meals, eating smarter, less snacking, and walking more, I am getting great results!” Paul has given up some foods like lunch meats and cookies, but says he does not miss them. He now enjoys fruits and vegetables for his snacks. He emphasizes that keeping a food log was extremely helpful for him. Paul also recognizes that slips can happen but he picks himself back up and gets back on track. “If I do slip and overeat, I think about that long look in the mirror 8 months ago.”

“You will see changes in your life. Just do it!”

– Paul Simms

Benefits of Weight Loss

Paul has experienced many benefits so far on his weight loss journey. “As I lose weight my energy level has been rising. I am now spending less time, energy and effort in anything I do.” Now that he has lost almost 40 pounds, Paul is looking forward to discussing potential changes to his medication regimen with his primary care doctor. He is nearly at his 50-pound weight-loss goal and is looking forward to setting a new goal soon.

Advice for Other Veterans

Paul wants other Veterans to know that if they are serious about losing weight, this program really works and the best part is it's free, free to attend and the program materials are free as well. “The staff are great, you will see changes!”