



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Building a Foundation for a Better Life***

***VETERAN PETER JOHNKE SHOWED HIS DETERMINATION AND DILIGENCE BY ADOPTING A HEALTHIER LIFESTYLE.***

With the help of the MOVE! team at the Martinez, California, VA Medical Center, Peter learned about healthy eating and exercise habits and put theory into practice.



## ***Making the Choice to Change***

When Peter joined the MOVE! Weight Management Program for Veterans, he did so knowing that he needed to improve his health. In the years prior to joining MOVE!, Peter had undergone several surgeries that limited his mobility and endurance. "I was already overweight [before the surgeries]," he recalls, but as he neared a hip replacement, Peter reflected on his lifestyle and decided to make a change. His outpatient MOVE! dietitian, Beth Crocker, recommended that he give TeleMOVE! a try.

## ***Displaying Diligence***

When Peter began MOVE!, he did so with the intent of becoming more conscious of the food and beverages he consumed. For an entire year, he tracked and recorded every meal. Peter also began tracking his calorie consumption and adjusting his diet to choose healthier foods. Peter now finds tracking and recording so helpful that he continues to do so.

## ***Finding Internal Motivation***

Peter has relied on the support of friends, family, and his MOVE! team throughout his effort to improve his health, and his own drive to change has carried him through the process. For Peter, “the prospect of having limited mobility” in the future was his primary inspiration for losing weight. By incorporating what he learned with MOVE! into his life, he has surpassed his goals. Before enrolling in MOVE!, Peter struggled with most physical activity due to challenges with his balance. Now, he shares, “I feel like [I’m back in] my 30s with my ability to move!”

## ***Hitting Triple Digits***

Since starting MOVE!, Peter has lost over 100 pounds and six inches from his waistline!

“If you are in a place that you need to change...the MOVE! Program will help you to help yourself! Do your due diligence! Take care of [yourself]!”

– Peter Johnke

