



# Success Stories

Healthy Living Matters. Prevention Works.

## A Better Lifestyle

**WITH HIS HEALTH DECLINING, VETERAN RICARDO COLÓN KNEW IT WAS TIME FOR A CHANGE.**

Motivated by his San Juan MOVE! team and by his wife's weight loss, Ricardo has lost 90 pounds and changed his life for the better!

### **Ricardo's excess weight made life difficult.**

Veteran Ricardo Colón had struggled with his weight for some 20 years, and was diagnosed with morbid obesity 10 years ago. Simply put, life had become difficult.

"I was struggling to perform daily activities," Ricardo said. "My health got worse: severe hypertension, diabetes, and hypothyroidism." Then Ricardo was diagnosed with cancer. Fortunately, doctors removed the tumor surgically, but it was far from a simple procedure.

"It was a really complicated recovery due to my excess weight," Ricardo said later.

**“My wife motivated and inspired me to change my lifestyle.”**

**– Ricardo Colón**

### ***Inspiring Ricardo to MOVE!***

Ricardo's San Juan-based VA health care team, led by primary care physician Carmen Nieves, surgeon José Sorrentino, and MOVE! Program Coordinator Mayra L. Román, talked with Ricardo about the MOVE! Program, and he soon opted in. While his care team certainly played a major role in Ricardo's decision to join MOVE!, another person—his wife Susana—had an even bigger impact.

"My wife also managed to lose 90 pounds," Ricardo said. "This motivated and inspired me to change my lifestyle to a better one."

### ***"Anything you can do...."***

Motivated by his MOVE! team, and inspired by his wife's success, Ricardo matched her pound for pound. After one year in the San Juan MOVE! Program, Ricardo has lost 90 pounds of his own!

What were the keys to Ricardo's weight loss? "Lots of information and motivation" from his MOVE! team, he said, adding that "walking and healthy eating" help keep the weight off.

Ricardo isn't stopping at 90 pounds, either: "I'm still working to achieve my next goals."



*Veteran Ricardo Colon before and after losing 90 pounds with MOVE!*