



# Success Stories

*Healthy Living Matters. Prevention Works.*

## Two Words Sparked a Healthy Change

**AFTER HEARING HIS VA DOCTOR'S CONCERN THAT HIS BMI WAS IN THE RANGE OF SEVERE OBESITY, VETERAN RODNEY JONES WAS MOTIVATED TO BEGIN HIS WEIGHT-LOSS JOURNEY.**

Despite previous unsuccessful weight-loss attempts, Rodney was able to lose more than 90 pounds with the help of his Tucson, AZ, MOVE! team.

### *An enthusiastic "YES!"*

Rodney weighed in at 298 pounds during a routine VA physical exam. That's when his doctor told him about the MOVE! Weight Management Program for Veterans and asked if he wanted to sign up. The words 'morbidly obese' sparked Rodney's motivation and he answered his doctor with an enthusiastic "YES!" That's when his life changed. He shared further that "the education my MOVE! dietitian gave me really opened my eyes and gave me the motivation to see the plan through. Today I think differently about what and how I eat, and about healthy living. I feel 100 percent better about my overall health."



### ***Label reader***

One of the lessons Rodney learned from his MOVE! experience was to read nutrition labels. "I eat much healthier than I used to. Whenever I am at the grocery store I make sure and read the nutrition label first." He added that with MOVE! he learned to be very aware of what he was eating and to determine if he was making healthy food choices.

### ***Off the charts cardio***

As part of his weight loss effort Rodney increased his physical activity. "I walk and bike ride daily. My cardio is off the chart!" Losing the weight has not only improved his overall health, but Rodney says it has also improved his self-esteem and self-image.

### ***Still going***

Rodney started MOVE! in November 2018 and after 15 months and a loss of more than 90 pounds he says he is not done. "I now have the knowledge and tools to reach my goal weight of 190 pounds."

He added that even though he has graduated from MOVE!, his dietitian is still there to help and answer any questions he may have.

“It’s never too late to lose weight and live a healthier, more satisfying lifestyle.”

– Rodney Jones



### ***Support from VA staff***

Along with his VA primary care doctor who first suggested MOVE!, Rodney says that everyone he has come into contact with at the VA has been very supportive of his weight loss goals.