



Success Stories

Healthy Living Matters. Prevention Works.

The Power of Positivity

VETERAN ROY BISHOP'S POSITIVE MINDSET HELPED HIM BETTER HIS HEALTH AND ACCOMPLISH HIS WEIGHT LOSS GOALS

With the help of the MOVE! team at the Southern Arizona VA Health Care System, Roy adopted healthy habits and reaped the benefits.

A New Beginning

Prior to joining MOVE!, Roy had never made a concerted effort to manage his weight. While he had been physically active his whole life, unhealthy food choices led to high calorie intake and weight gain. In late 2020, however, Roy decided to make a change. He shares that he was tired of suffering from obesity and didn't like his appearance. His motivation to change led him to contact the MOVE! Weight Management Program for Veterans (MOVE!), where team members helped him enroll in TeleMOVE!



Staying on Track

Roy enjoyed the convenience and accessibility of TeleMOVE! while building healthy habits to help manage his weight. Among the most important changes he made were tracking the calories he consumed using a food log and weighing himself daily. Using these tools consistently helped Roy stay accountable in developing his healthier lifestyle.

Part of a Team

Roy earned success in gaining better health and managing his weight thanks in part to the constant support of his MOVE! team. He thanks his MOVE! dietitian, Xismari Collazo-Colon, for her positive reinforcement throughout his weight loss journey.

Signs of Success

Since joining MOVE! in November 2020, Roy has lost 30 lbs. and increased his physical activity by walking, hiking, and participating in various group fitness classes. He continues to weigh himself daily, track his eating, manage reasonable portion sizes and make healthy food choices. Thanks to his new lifestyle, Roy shares that he can move more easily and has better balance.

“Be positive and don't quit! Don't get discouraged...just do it!”

– Roy Bishop

