



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Steps Toward Wellness*

### *A MILESTONE BIRTHDAY PROMPTED THE START OF A NEW WEIGHT LOSS PLAN*

After turning 65, U.S. Air Force Veteran Steve Homison decided to join the MOVE! Program and start exercising at the Butler VA Health Care System Wellness Center.

### *Take the First Step*

Steve had lost weight in the past by walking more but always put the weight back on. In February 2019, he decided it was time for more support. The MOVE! Weight Management Program for Veterans team discussed how to eat healthy foods and increase physical activity, and provided accountability with weekly weight checks.

Steve says that the coaching and encouragement from staff were what helped him the most. He worked on short-term goals each week that combined to help him reach his long-term weight loss goal. He lost 32 pounds and 6 inches around his waist!



## *How to Get Started*

Getting started with healthy changes can be challenging. Steve says, "Take that first step. Get into your mind that you must take that first step every day. That's the hardest thing to do. The first step to working out is moving towards your equipment." Once people start moving more, they often find it enjoyable and continue to be active after experiencing benefits. "I was up and down redoing my lights on my house and it didn't even phase me. I'm more limber, more agile, and I move better," Steve shared.

## *Help from Others*

Prior to participating in MOVE! and using the Wellness Center, Steve did not have much experience stretching or using weights. Wellness Center staff provided advice and guidance to help Steve exercise effectively and avoid injury. Specifically, personal trainer Evonne Paterson helped Steve learn how to stretch, perform strength training and develop a fitness program to suit his needs.

“MOVE! is there! Use it! It is for everyone! The first step is the hardest. Just get started.”

– Steve Homison

## *A Big Difference*

Steve has noticed a big difference thanks to his efforts at the Wellness Center, and not just with weight loss. His cholesterol medication was reduced by half and his blood pressure is now under control.

## *Continuing to MOVE!*

Steve continues to exercise five days a week. He enjoys using VA resources, like the Wellness Center, to have a consistent routine and stay motivated. He encourages all Veterans to take advantage of resources like MOVE! and the Wellness Center. Now he enjoys helping other people, and best of all, he feels better, too!