



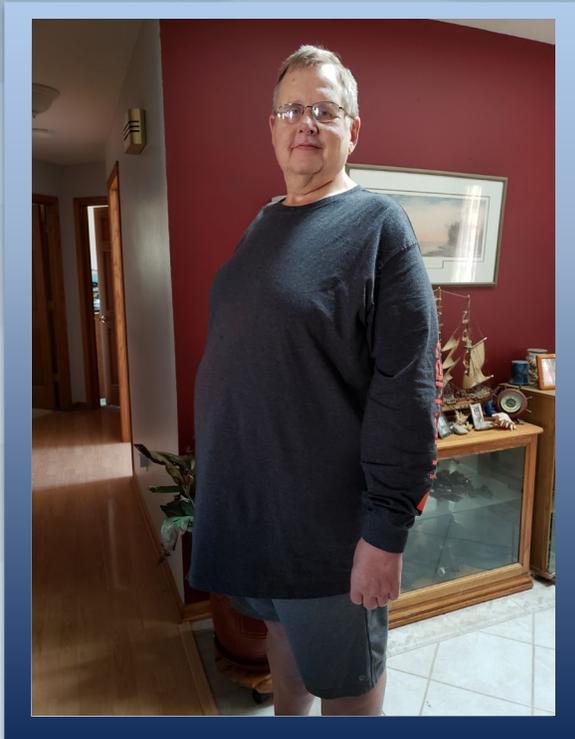
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Support, Encouragement and Reinforcement***

***VETERAN STEVEN KOLNER STARTED AND CONTINUES TO LOSE WEIGHT WITH THE HELP OF HIS MOVE! TEAM AT THE CAPT. JAMES A. LOVELL FEDERAL HEALTH CARE CENTER.***

Capitalizing on the various options of MOVE! care at the Kenosha, WI Community Based Outpatient Clinic, Steven optimized his weight management plan to reach his goals.



## ***A Chance to Change***

Steven shares that he “had trouble with his weight all his life,” but before starting the MOVE! Weight Management Program for Veterans, he had never tried managing his weight with any other program. When his VA provider suggested that he give MOVE! a chance, Steven started participating in group and individual sessions along with Telephone Lifestyle Coaching (TLC). At first, his main focus was simply to decrease the amount of calories he consumed each day, but he came to realize that for lasting change, he would need to approach things differently.

## ***Building a New Lifestyle***

Steven learned that MOVE! offered him the opportunity to build a new, healthier lifestyle with eating and physical activity habits that would help him achieve lasting success. Rather than simply restricting what he ate, Steven was empowered to be more mindful of the types of foods he consumed and their impact on his health. He also learned that physical activity is a vital component in maintaining a healthy weight.

## ***Learning the Lessons***

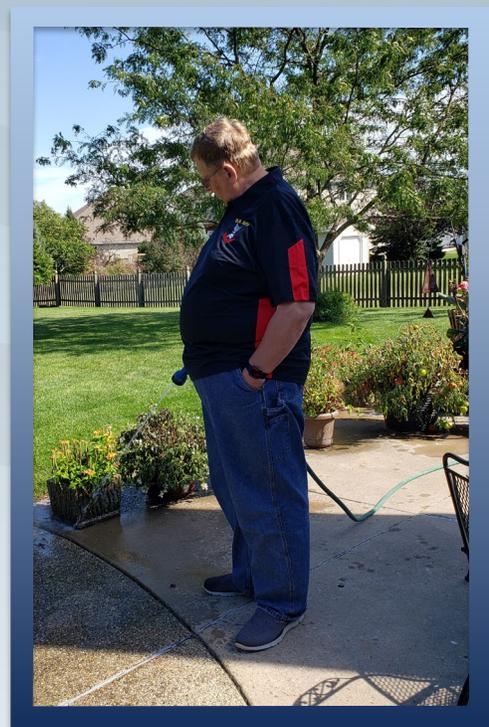
For Steven, the MOVE! Veteran Workbook was especially helpful as he developed his new lifestyle. Even more important was the one-on-one coaching with his MOVE! team, especially Lynnsey Bogash. "Without her help I would not be losing weight," he explains. "Her positive reinforcement and encouragement have been a big help." This support reinforced Steven's own resolve and helped him develop and maintain healthy habits.

## ***Signs of Progress***

Since starting MOVE!, Steven has lost 60 pounds, walks 5,000 steps a day, and is excited about a healthier future with his new lifestyle! He says his motivation to keep going is "Knowing that it is not going to happen overnight."

“ I always looked at going on a diet as needing to starve yourself... you can still eat, you just need to eat the right kinds of food.”

– Steven Kolner



## ***Feeling the Difference***

Steven shares that since he's learned to make changes that work better with his new lifestyle, he is more conscious of his eating choices and has greater stamina to be more physically active.