



Success Stories

Healthy Living Matters. Prevention Works.

The Power of Accountability

VETERAN STEVEN WOODALL ACQUIRED THE TOOLS HE NEEDED TO TAKE CONTROL OF HIS HEALTH AND LOSE WEIGHT.

With the help of the MOVE! team at the Sioux Falls, SD VA Health Care System, Steven learned healthy habits and built a new, healthy lifestyle.



Deciding to MOVE!

Steven had struggled with his weight for years, but in early 2020, he received news that motivated him to find a lasting solution. Steven's VA provider recommended medications to manage health problems brought on in part by his weight. His wife, who works as a nurse at the Sioux City VA Community Based Outpatient Clinic in Dakota Dunes, SD, helped Steven connect and enroll in the MOVE! Weight Management Program for Veterans.

Jumping Right In

Steven participated in MOVE! with enthusiasm and dedication. In his view, what made MOVE! so effective where other programs had failed was that his MOVE! team helped him stay focused. In particular, Steven thanks his MOVE! dietitian, Leigh LaCognata, for remaining “helpful and encouraging throughout the whole process.”

Embracing Accountability

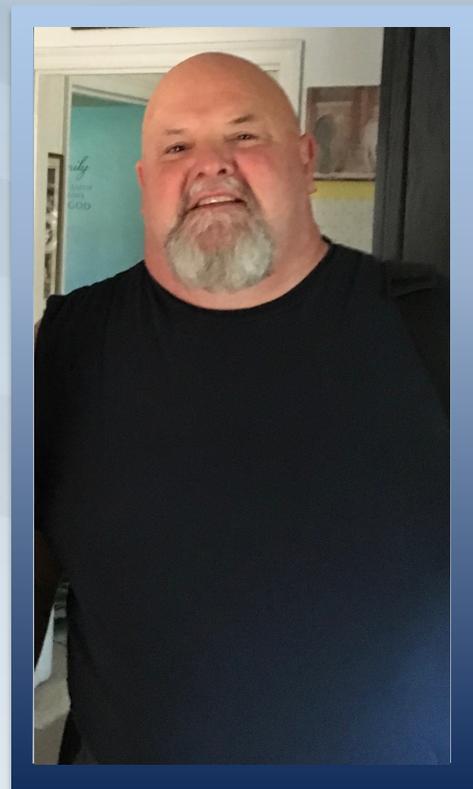
For Steven, MOVE’s structure empowered him to take control of his weight loss. “[The MOVE! team] met with me every two weeks and taught me how to eat and watch my intake,” he explains. “[It was] very helpful and kept me accountable.”

Rewarding his Dedication

Steven’s dedication to changing his lifestyle for the better has resulted in great success. Since starting MOVE! in March 2020, he has lost 86 pounds and 12 inches from his waistline. Just as important, however, are the benefits he has gained in his daily life. Thanks to MOVE!, Steven has more energy, thinks more clearly, and generally feels healthier.

“I would encourage all Veterans to take advantage of [MOVE!].”

– Steven Woodall



Maintaining Success

Over a year after starting MOVE!, Steven is still going strong. He continues to make healthy eating choices and stays active by exercising every day.