



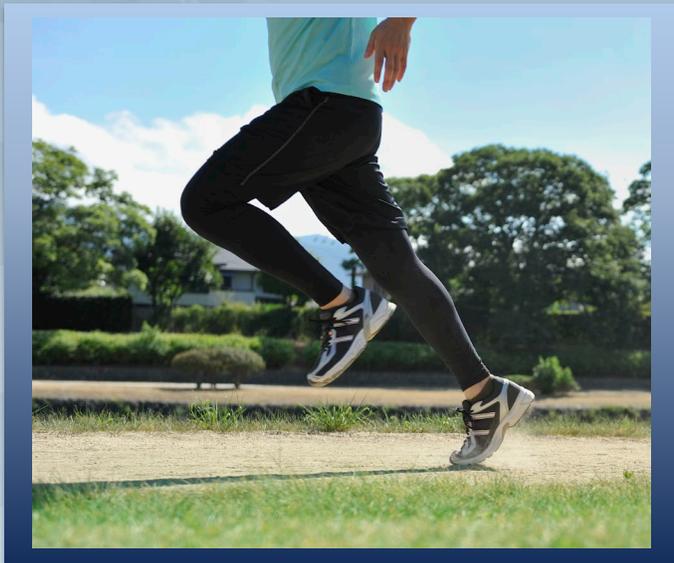
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Determined to MOVE!***

***VETERAN SUSIE BELL WILLIAMS USED DETERMINATION, DANCING, AND STEPPING TO DEVELOP A HEALTHIER LIFESTYLE AND ACHIEVE WEIGHT LOSS SUCCESS.***

The MOVE! team at the G.V. (Sonny) Montgomery VA Medical Center in Jackson, MS supported Susie Bell as she worked to accomplish her goals.



## ***Working Toward Better Health***

Susie Bell describes a series of ups and downs with weight for most of her life. During a hospitalization in 2017, she experienced significant weight gain. When she learned that her weight had made hip replacement surgery necessary, Susie Bell made the decision to follow her doctor's recommendation to join the MOVE! Weight Management Program for Veterans and lose that weight. Determined to lose weight and enjoy the health benefits of being physically fit again, Susie Bell began participating in TeleMOVE! in March of 2019.

## Measuring Up

According to Susie Bell, one of the most important lessons was how to effectively measure healthy portions at mealtimes. “It was a *big* part of my determination not to disappoint anyone,” she shares. MOVE!’s guidelines for healthy eating empowered Susie Bell to make the right food choices.

## An Active Learner

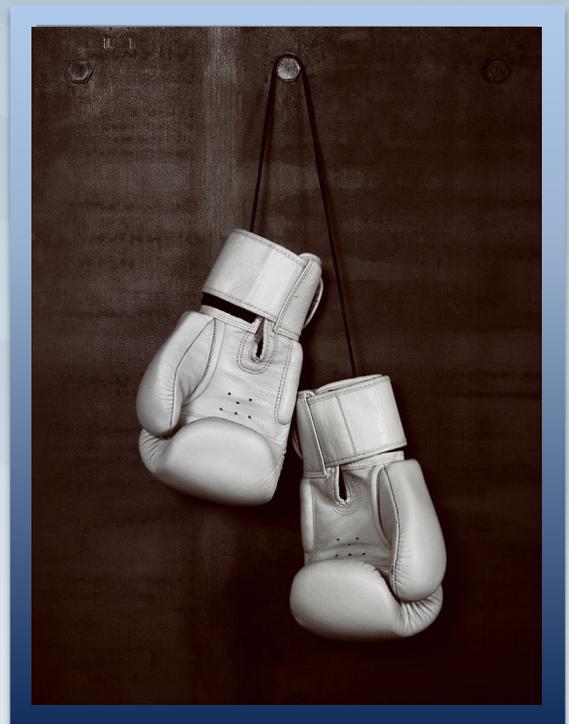
In addition to her changes in diet, Susie Bell also began exercising regularly again. In addition to jogging and walking, she is incorporating boxing and dancing to create a well-rounded and enjoyable routine!

## The Benefits of Change

Since joining MOVE!, Susie Bell has lost over 65 pounds. More than just that number, however, she has seen positive changes in all aspects of life. Her dress size has decreased by 5 sizes, and she no longer has any knee pain. Her improved mobility has allowed her to return to various projects outdoors and around the home.

“ I recommend [TeleMOVE!] to anyone who is interested in losing weight with a coach. It’s free and delivered in the privacy of your own home!”

– Susie Bell Williams



## No Sign of Stopping

Susie Bell is still working toward an even healthier life using what she has learned through MOVE! “I am continuing to exercise and and eat right,” she explains, “to help reach and maintain my goal weight!”