



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Inspired to MOVE!***

***VETERAN THOMAS BURNS DECIDED IT WAS TIME TO TAKE CONTROL OF HIS LIFE AND GET BACK ON TRACK WITH A NEW LIFESTYLE AND BETTER HEALTH.***

Thomas worked with the MOVE! team at the Northern Indiana VA Medical Center in Marion, Indiana, to build a new lifestyle with simple and effective healthy habits.



## ***A Fresh Start***

For most of his adult life, Thomas had a hard time maintaining a healthy weight. He explains that he had successfully lost weight several times, but on each occasion he would eventually gain the weight back. When he learned that he had type 2 diabetes, Thomas “knew [he] needed to make some changes” to his lifestyle. The clinical pharmacy specialist on his healthcare team recommended the MOVE! Weight Management Program for Veterans, explaining that the program could help him manage his weight and improve both his blood pressure and blood sugar levels.

## ***Building a Base***

In attending MOVE! group sessions, Thomas realized that working with his MOVE! team and Veteran peers helped him stay accountable. Together with this group support, Thomas began to develop new eating and physical activity habits that would prove essential in his quest for better health.

## ***Food for Thought***

Thomas began adjusting his eating habits by shifting his mindset. MOVE! helped him learn to recognize hunger, and be mindful of the types and portion sizes of the foods he ate. Thomas shares that he decided to focus on preparing “non-starchy vegetables for half [his] meals,” but also that “all foods can fit” in a healthy lifestyle in the right amount.

## ***On the MOVE!***

In addition to changing his eating habits, Thomas committed himself to becoming more physically active. His chosen activities ranged from simple stretching to help alleviate pain to a new walking routine. Thomas explains that he now walks 4 miles each morning and often another 2 miles at night. His new habits have helped him better manage general aches and soreness without medication.

“As far as I’m concerned, the MOVE! program is one of the best programs offered at the VA.”

– Thomas Burns



## ***Looking Forward***

Since starting MOVE!, Thomas has lost over 60 pounds, lowered his blood pressure and A1c, and gained more energy. He thanks his MOVE! team for all their help and support throughout his journey to better health.