



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Losing Weight and Gaining Confidence***

***ALONG WITH LOSING WEIGHT, VETERAN TOM WESTIN SAYS THE NUMBER ONE THING HE GAINED FROM THE MOVE! PROGRAM IS CONFIDENCE!***

Working with the MOVE! team at VA Black Hills Health Care System, Tom has lost 118 pounds and improved his health.



### ***Ready to lose***

In 2018 at 335 pounds, Tom says he was ready to be a loser. "I felt terrible and decided to make a change." At first, he tried losing weight on his own. He lost 15 pounds but then started to regain it.

That's when he connected with the MOVE! Weight Management Program for Veterans. He liked working one-on-one with the MOVE! team and appreciated that they did not judge him. Participating in MOVE! he gained knowledge and understanding and has increased his motivation to continue losing weight. So far, he has lost 118 pounds and 20 inches from his waist and continues his losing ways.

## Improved health

Along with losing weight, Tom has lost some other things since starting MOVE!. He no longer has to take insulin or use a CPAP machine or oxygen. He has also reduced his blood pressure medication by half.

Some other things Tom has lost are packaged foods. He has completely changed his diet. He cooks at home with vegetables, lean meats and smaller portions. Gone, too, are the cakes and pies for dessert. Instead, now he chooses fresh fruit.

## Walking with Squeekers

Before joining MOVE!, Tom says he spent a lot of time just sitting, but not anymore! Now he exercises each day, walking with his Dachshund "Squeekers" every two hours, to stay active and manage his arthritis.

## Finding support

Tom started MOVE! with the help of his VA care team. He says he gets his determination to continue losing weight from the MOVE! coach at the VA Black Hills Health Care System along with his faith, his bible study group and his friends.

**“ Try it. You will like it. Give it time, be patient and don't give up on yourself! You're worth it!”**

– Tom Westin



## Picking again

While Tom has lost a lot during his MOVE! journey, he's also found something he lost long ago – his interest in playing the guitar again. "I haven't done this in 30 years!" Along with playing the guitar again Tom says he's ready to try new things, too.