



Success Stories

Healthy Living Matters. Prevention Works.

Stories and Reflections Lead to Lifetime Benefits

VETERAN VALERIE (VAL) SAELER FOUND A SOURCE OF MOTIVATION AND USED IT TO TURN HER HEALTH AROUND.

Val worked with the MOVE! team at the Southern Arizona VA Medical Center in Tucson, AZ to develop a new healthy lifestyle.

A Desire to Reclaim Her Health

For most of her life, Val was physically active, driven by her interest in recreational sports. In recent years, however, Val underwent two major surgeries and found it hard to keep the pace she was accustomed to. Val also needed to be more involved in caring for her parents, which further limited her opportunities to be active. "I just got tired," she recalls, and "started eating [in response to] stress." Val found herself in low spirits, and when she was diagnosed with diabetes, she decided that she needed to make a change to improve her health.



The Opportunity Arises

Val enrolled in the MOVE! Weight Management Program for Veterans in January 2020 after recommendations from her primary care provider. Val found the group sessions inspiring, as her Veteran peers shared their own struggles and encouraged each other to reach their goals for better health. The positive environment created by the group and the MOVE! team helped Val find her motivation.

Taking Action

During her time in MOVE!, Val began reshaping her lifestyle around healthy habits. Her drive to improve her diet and exercise routine was strengthened by her husband's support and encouragement. Val began to track her eating, weigh herself regularly, and stay active through walking, strength training, and household chores.

Reaping Her Rewards

Thanks to her new lifestyle, Val has lost over 25 pounds and three inches from her waistline. She is back to being more active, and has regained her energy and mental clarity. It has even helped her in unexpected ways! "My house is clean, and I'm able to be more involved in helping the people in my community. I even feel like I paint better now."

“ I feel blessed that VA is offering this program. I wish I would have started it earlier...it's a lifetime benefit.”

– Val Saeler

