

My Lucky Day!

SUCCESS STORY UPDATE – 2016

Motivation and Challenges

“It was really my lucky day when I started MOVE!. Once I started working with a behavioral psychologist and started the program, everything began working for me and began to ‘click.’

MOVE! taught me a lot about nutrition—I didn’t know anything before! I learned that you can’t overeat if it’s healthy food. I learned to control my portions. Once I started to figure out which foods were my ‘friends’ as a diabetic, the weight just fell off. I remember saying to myself, ‘this is what will work!’ It’s become easier to make the right choices, but I still work at it. I don’t let myself get 5-10 pounds overweight. I still enjoy eating; I’m just a different person.

I enjoy life, and do something active every day. Now, I walk with my friends from VA every Tuesday, and sometimes we ride bikes and fish. It’s nice bonding time. I’m still involved in MOVE! and it keeps me focused. I currently weigh about 180 - 184 pounds. I’m 67 and haven’t felt this good my entire life. My only regret is that I didn’t get help sooner!

I tell Veterans that everybody can get healthier, they just need to pay attention. Everybody can exercise, no matter your limitations. Ask for help, the VA has it!”



You Don't Have to be Skinny, Just Healthy:

MOVE!® HELPS VETERAN GET HIS LIFESTYLE BACK

“I had to lose weight to do the things I love to do.”

“Weight took my lifestyle away, so I had to lose weight to do the things I love to do,” says Walter Hood, a MOVE!® patient and Vietnam-era Veteran. So he went to the Overton Brooks (Louisiana) Department of Veterans Affairs (VA) Medical Center to do it.

“You can't name a diet I have not tried.”

“Despite years of non-VA care and yo-yo dieting, Walter's weight and diabetes were out of control. When he was dismissed from his provider's care for non-compliance, he decided to make a change. He opted for VA care at Shreveport's Overton Brooks—the facility he now calls “the best place in the world.”

Weighing 353 pounds in August 2008, Walter enrolled in MOVE!® individual care and started taking the weight-loss drug Orlistat. He lost 49 pounds and then plateaued, so he was referred to a psychologist and MOVE!® group care. At his first MOVE!® group session in March 2011, he weighed about 295 pounds. By July 2011, he weighed about 253 pounds and had lost an impressive 100 pounds since enrollment in MOVE!®



Walter thinks it's important to self-motivate and set goals other than those related to weight loss. He still struggles with portion control and snacking, so he keeps a daily food and activity journal.

Before losing weight, Walter says that by noon, he would be “done for the day.” Now he is able to actively enjoy a variety of activities. “Life is short, but you will have a better life if you are healthy,” Walter says. “You don't have to be skinny, just healthy.”