



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Pep Talks and the Support of Other Veterans*

**WAYNE MACCOUX ACHIEVED SUCCESS WITH THE SUPPORT OF HIS GREEN BAY, WI, MOVE! TEAM AND FELLOW VETERANS.**

This Veteran's experience demonstrates how the support he received by participating in MOVE! group sessions, MOVE! Coach with Care, and individual sessions contributed to his weight-loss success.



### *Wayne learns about MOVE!*

According to Veteran Wayne Maccoux, the reason for his weight gain was simple: "Not paying attention to what I ate." Wayne had reached a weight that led his VA health care provider to offer information about the MOVE! Weight Management Program.

### *Inspired by others.*

After attending a MOVE! group session at the Milo C. Huempfner VA Health Care Center in Green Bay, Wayne found himself inspired by fellow MOVE! Veterans. He noted that “seeing other Vets with the same problem and hearing their stories” helped him to make the choices needed to lose weight.

“Being in group [sessions] helped,” Wayne said. But he found that MOVE! sessions were far from a typical class. “VA MOVE! classes are more like going to pep talks,” he said.

### *More than one way to trim the fat.*

Wayne didn't just attend MOVE! group sessions. He actually experienced the program through two other methods of delivery: individual MOVE! Sessions, and the unique MOVE! Coach with Care format, combining the powerful and convenient MOVE! Coach mobile app and personal contact with a clinician.

In short: it worked. In two years with the Green Bay MOVE! Team, Wayne lost close to 40 pounds! What was the key to his success? Simply put, Wayne chalks it up to “more exercise and better eating.” In other words, nothing that any dedicated Veteran couldn't accomplish.

“Give MOVE! a try. It works and does help!”

– Wayne Maccoux

### *Keeping the weight off, and trying to lose more.*

Wayne continues to work with his MOVE! team. He's managed to keep the weight off not only through MOVE! classes, but, as Wayne himself said, “seeing [registered dietitian] Mary for a pep talk once a month really helps!” He continues to learn how to maintain his success through “hearing different stories and different coaches.”

Wayne still hopes to lose more weight. He said that he's “going to the gym on a more regular basis” and simply wants to “be active. Anything is better than nothing.”

Finally, when asked to relate the biggest change his weight loss has had on his daily life, Wayne had a simple answer that truly speaks volumes. “New clothes,” he said.