

25,000 Steps A Day: ANDREW SEED USES MOVE![®] TO GET STRONGER AND FEEL BETTER

“Remembering my past condition is helping me move forward,” says Veteran Andrew Seed. “When I was overweight, I felt unwell and my life was limited in so many ways—I needed oxygen and had a hard time doing basic things like getting out of the car or taking out the trash.” But that’s all changed since he began the MOVE![®] Program in 2008. Now he’s walking at least 10 miles a day and motivating other Veterans at the Grand Junction (CO) VAMC to get active and healthy.

**Stunned and
ashamed**

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Over the years,

Andrew had gained weight so slowly and steadily that he didn't notice until it was almost too late. “In early 2008, I stepped on the scale one day and it read 248 pounds!,” he says. “I was already very sick by that point, and seeing that number left me stunned and ashamed of what I’d done to myself.” Andrew got off the scale and made the commitment to lose weight. But he admits that starting a diet then seemed “a little hopeless.”

Keeping it off

Andrew dropped some weight on his own, but ran into an unlikely barrier: too much information. “I was frustrated by the volume of stuff on nutrition and weight, so I asked to visit a VA nutritionist to get better guidance,” he says. “As a result, I was enrolled in MOVE![®] at the Craig Telehealth Clinic in December 2008.”

Now, 3 years later, he’s lost 108 pounds—but most importantly, he’s *maintained* that weight loss. “I’ve weighed between 135 and 140 pounds for over 2 years now,” Andrew proudly reports. “Frequent contact with my incredibly supportive MOVE![®] staff has been key, and has also helped me reduce my BMI to 23.9 and my body fat to about 21 percent!”



Mr. Seed before MOVE!

He tells those who want to successfully reduce and maintain their weight to do a few important things:

- *Take it one day at a time.* “Apply the program to your daily life and you’ll definitely see improvement in your health.”
- *Appreciate the little things.* “Even small improvements are improvements, so don’t give up!”
- *Write it down.* “The biggest help for me has been keeping a daily food diary, which really helps me watch what I eat.”
- *Get support.* “Use the MOVE!® Program resources and staff. They want to help you succeed and are your best cheerleaders.”
- *Do more, eat less.* “I walk more; pay attention to what I eat, and eat sparingly...it’s really that simple.”

Stepping it up

“MOVE!® has made a huge difference for me,” Andrew says. When he started the program, he could manage only 1,700 steps a day. Now he’s up to about 25,000 steps daily, and he gets additional physical activity through yard work and community service projects. “I take less medication now and I don’t rely on the oxygen anymore,” Andrew says. “I feel better, I’m able to do more, and I’m steadily getting stronger and feeling healthier.”

“Even small improvements are improvements, so don’t give



Mr. Seed after MOVE!