

Willing To Work It:

VETERAN MICHAEL HOLLEMON DISCUSSES HOW MOVE![®] HELPED HIM LOSE 107 POUNDS

What's your health history?

"I've been working on my weight since I got out of the U.S. Navy in 1970, and have been disabled since 1975. I've had 28 surgeries over the years, and have 2 artificial knees."



What made you start the MOVE! Program?

"I was at a regular VA appointment and a nurse told me I needed to lose weight. She suggested MOVE! at the Fort Collins (CO) VA Outpatient Clinic."

What was your experience with MOVE!?

"I started the program weighing 287 pounds, and just read and listened to all the information they shared. I now weigh 180 pounds—that's a 107-pound loss! I wear a smaller pants size and can even fit into my old Navy dress blues now."

How have you been participating in MOVE! lately?

"I've been using the MOVE! Coach Mobile app—it's awesome! I get a call once a week from VA staff and review things with them."

How's your life different now?

"I walk regularly, and I do things like parking far away from locations, then walking. Currently, I'm helping a neighbor build his garage. I also tend to a garden and chickens. I get my own eggs and do all my canning and cooking—I make my own spaghetti sauce, for example, and peach and apple butter."



How has your health improved?

"I feel better than I have in a long time! I was a borderline diabetic 9 years ago, but that's resolved. I was also being treated for hypertension, but I'm no longer on medications for that. And I've had no more surgeries since my weight loss!"

What would you tell other Veterans about MOVE!?

"The program works if you are willing to work it! I found it at just the right time."