



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Teamwork, Inspiration and Motivation*

*THE BATTLE CREEK, MI, MOVE! AND TELEMOVE! TEAMS, AND FELLOW VETERANS, MOTIVATED CHARLIE HOOKER TO START LOSING WEIGHT AND STICK WITH IT.*

A MOVE! brochure, his physician's suggestion, and realizing that his declining health had stopped him from working and being active, inspired him to lose weight...more than 150 pounds of it!



### *"I never wanted to get fat"*

Over the years, Charlie's medical issues caused him to stop working and stop being physically active. This is when he started to gain weight. He assumed he was going to need bariatric surgery like his brother. After seeing information about the MOVE! weight management program and a recommendation from his physician, he met with Heather Stanley-Sutton, the MOVE! coordinator at the Battle Creek VA Medical Center. They discussed his situation and he chose to participate in MOVE!.

### *Motivated by fellow Veterans*

“July 2016 was my first group class. The other Veterans in the group, especially one who had lost more than 140 pounds, were very motivating to me. He held up his 54” britches and that’s what I was wearing. “I have not missed one [session] over the past year. I still attend the MOVE!-ing forward group twice a month. Once I completed the group, I began the TeleMOVE! program. Weighing daily keeps me accountable and motivated. I [also]...see the MOVE! dietitian who continues to...inspire me to keep going. She is GREAT!”

### *What had you tried in the past to lose weight?*

Charlie had never tried to lose weight before MOVE! So far, he has lost 150 pounds and wants to lose another 10. His pants size has gone from a 54” waist to what he calls a “sloppy” 40” waist. He no longer needs to take medication for high cholesterol. As for physical activity, Charlie has gone from doing nothing at all to various outdoor activities, including fishing, hunting and walking over 20,000 steps per day! “I have been using an indoor peddler for a few years. Now I am purchasing a bicycle and will begin riding outside.”

“It is hard to put into words how much better I feel.”

– Charlie Hooker

### *Staying healthy*

In order to stay healthy at his new lower weight, Charlie eats healthy meals. He does the cooking so he knows what is in his food. He enjoys experimenting with different foods and has participated in the Healthy Teaching Kitchens offered by his MOVE! team. He’s discovered quinoa, and combines it with black beans, salsa, and mixed vegetables as a side dish. Charlie tells us he’s “even roasting brussels sprouts now!”

### *Charlie’s message: “Surround yourself with the positive!”*

Charlie’s message above says it all. He had told himself for years that he could not lose weight. With the positive support of his wife and the MOVE! team, his advice to others is, “Stick with it, and if you feel lost, talk to your MOVE! team, they are here to help.”