

MOVE! Success

YOU can be *next!*



From losing 20lbs. to 100lbs. Veterans at VA Butler Healthcare are living healthier thanks to MOVE!

Why MOVE!

MOVE! is VA's national weight management program designed to help Veterans lose weight, keep it off and improve their overall health. It is a self-management program that focuses on healthy lifestyle change through eating wisely and being physically active.

Why did you join MOVE!?

- ★ "So I could **fit** into my Army Dress Uniform"
- ★ "To fit behind the wheel of my 55 T-Bird"
- ★ "To get the **needed support** to lose weight"
- ★ "To change, so I would not be a diabetic with heart problems"
- ★ "To become healthier and **live longer**"

Challenges

What challenges did you face?

- ★ "**Exercising**. I had gotten used to being lazy, it was hard to break the cycle"
- ★ "Drinking pop...and sweets, sweets, sweets...my biggest weakness"
- ★ "**Refusing second helpings**"
- ★ "Going out to eat...sweets and buffets"
- ★ "**Keeping myself motivated** and cutting back"

Changes

What changes have you noticed in your life?

- ★ "Clothes fit better, feel much better, look much better, but the biggest thing is that I **no longer take blood pressure or diabetes medicine**"
- ★ "I have become a label reader. I also **enjoy outdoor exercise** such as golf and bicycling"
- ★ "I am **spending less money on food** and eating better"
- ★ "My attitude towards myself – **I like myself a lot more!**"
- ★ "**Less stress and sleeping better**"

Success

How have you been successful with MOVE!?

- ★ "I have **reached my weight loss goal** and learned to make better choices in my eating"
- ★ "Lost 31 lbs.! I watch what I eat and walk daily"
- ★ "Yes, **learned what to eat and how to read labels**. Good MOVE! instructor"
- ★ At first I wanted to lose 10lbs, now I've lost over 60lbs. Start small and make reasonable achievements for yourself"
- ★ "I lost 35 pounds and **feel better all over**"

Continued Success

How do you continue to lose weight or maintain your weight loss?

- ★ "Smaller portions. Less bread/pasta and **more vegetables**"
- ★ "Controlling my eating habits and exercising more – martial arts and walking"
- ★ Sticking with new habits – MOVE! is **a lifestyle change**"
- ★ "Continuing with MOVE! classes"
- ★ "I **keep a food diary** and try to walk daily"

Motivation

What keeps you motivated to continue making healthy lifestyle changes?

- ★ "Wanting to stay fit and **being able to interact with my grandchildren**"
- ★ "Since I met my weight loss goal, I no longer have knee pain and I want to keep it that way!"
- ★ "**Health**...not too mention I feel so much better"
- ★ "Wanting to live a longer, healthier life"
- ★ "**Love** - staying healthy to care for my wife"

For more information about MOVE!, contact VA Butler's MOVE! Office at 800.362.8262, ext. 5504 or visit www.move.va.gov.