



Healthy Living Matters. Prevention Works.

To All MOVE! participants:

I started the MOVE! program in April 2012 and my weight was 261 pounds. My eating habits at that time consisted of fast/processed foods, high sugar drinks and other junk. Exercise was not in my daily planner. My doctor had suggested I check out the MOVE! program due to my high blood pressure, high cholesterol and pre-diabetic potential. At the time I didn't think I had a weight problem but the risk of developing diabetes and knowing I had difficulty with physical endurance was enough for me to seek out solutions for a healthier lifestyle.



In the program I learned how to prepare healthy meals at home and make knowledgeable choices when dining out. I became more educated on reading food labels and understanding the benefits/harm the ingredients provided. The program was focused on being active. I started with a walking regime and I have gradually increased my activity to lifting weights and doing core exercises 3-5 days per week.



The fruits of my labor have resulted in a loss of over 60 pounds, a noticeable increase in muscle mass and my endurance has increased exponentially. I am glad to say that I have been off blood pressure medications for two years and have recently been told my cholesterol medication is no longer needed.

I am so grateful to been given the tools of this program and applying them to my daily life. I have reached my long term goal of being under 200 pounds and I am now working on new goals.

I would recommend that all Veterans who need to lose weight get involved with the MOVE! program at their local VA.

For more information contact, Sonya Mack MOVE! Coordinator at 1 (800) 406 5143 ext 13846 or speak with your Primary care team.