

Veteran Praises VA Weight Loss Program; Says He's in Better Health Now at 63 Years Old Than at 36

Before joining the VA MOVE!® Program at the Conroe VA Outpatient Clinic, Army Veteran Michael R. weighed 225 pounds. Now, down to 190 pounds, he says he is in better health at 63 years old than he was at 36.



Before MOVE!

CONROE, TX - Army Veteran Michael R. decided he wanted to be healthier, reduce his medications, and live longer. During a visit with his primary care physician at the Conroe VA Outpatient Clinic, the MOVE!® Program was recommended. MOVE!® is a national VA weight management program designed to help Veterans lose weight, keep it off, and improve their health.

“When I first weighed in, I was 225 pounds. I said that can’t be right, that’s the weight of a small fullback in football,” said Michael. “During the class, I took notes, really listened to the dietitian, and started setting goals for myself.”

MOVE!® teaches Veterans how to become healthier by emphasizing health and well-being as achievable goals. Through a comprehensive and multidisciplinary approach using behavioral changes in nutrition, and physical activity, Veterans individually tailor the program to meet their specific goals.

“The most challenging part for me was realizing that this was a lifestyle change, not a diet. The MOVE!® dietitians taught me how to choose nutritious foods that were best for my body, how to read food labels, and that making small changes would lead to big changes,” said Michael. “I set a goal to walk four miles and I have already exceeded that. Next year, my goal is to walk for breast cancer awareness.”

The VA serves more than six million Veterans and about 70 percent are overweight or obese. Approximately 30 percent are obese. Fat stored around the middle of the body (the waist or abdomen) can put you at risk for high blood pressure, high cholesterol, type-2 diabetes, heart disease,

and stroke. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men. Studies have shown that extra weight around the waistline is more dangerous to the heart than extra weight on the hips and thighs.

MOVE!® is the largest and most comprehensive weight management and physical activity program associated with a health care system in the United States. “I’m down to 190 pounds and still have goals I want to achieve so I’m not done yet. I highly recommend MOVE!®,” said Michael. “I feel I am in better health now at 63 years old than I was at 36.”

The MOVE!® Program at the Michael E. DeBakey VA Medical Center addresses three of the nine Health Promotion and Disease Prevention Healthy Living Messages which include “Maintain a Healthy Weight,” “Eat Wisely,” and “Be Physically Active.” The program allows the patient to participate in personal goal setting. Any Veteran receiving care at the VA and who wants assistance in managing weight can participate.



After MOVE!

***Congratulations on your successful
weight loss!!!***