



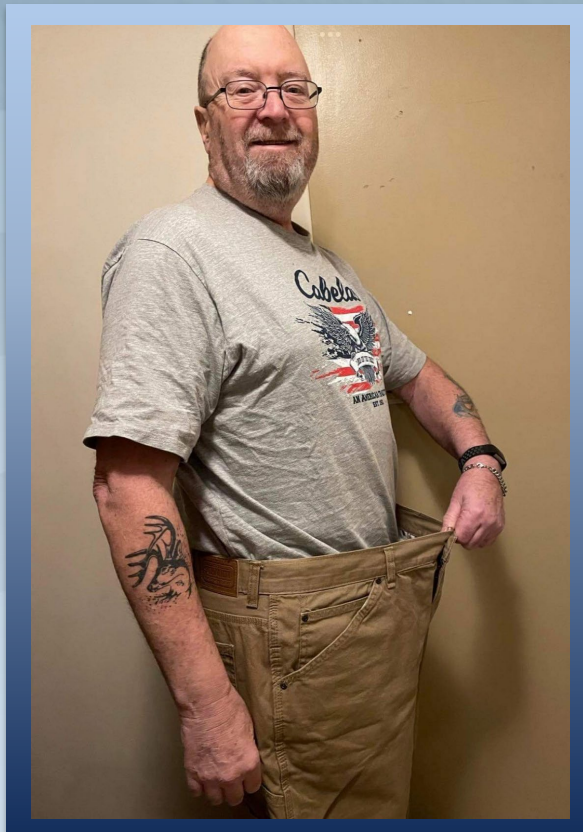
Success Stories

Healthy Living Matters. Prevention Works.

Discipline and Accountability Make the Difference

DESPITE FACING CHALLENGES, VETERAN DAVE STEWART PERSEVERED AND ACHIEVED SUCCESS WITH A NEW, HEALTHY LIFESTYLE

Together with the MOVE! team at the Aleda E. Lutz Department of Veterans Affairs Medical Center in Saginaw, MI, whom he knew well, Dave built a solid foundation for a healthier life.



Tackling Challenges

Dave shares that he struggled to maintain a healthy weight for nearly 20 years before starting the MOVE! Weight Management Program for Veterans. He had led an active lifestyle while working on his farm, but when he later moved and adopted a city lifestyle, his eating habits stayed the same. With less physical activity, he explains, "weight piled on fast," and no matter what method he tried to manage his weight, Dave always found himself reverting to his old habits. He was already familiar with MOVE! from his past work as part of the MOVE! team, so in April 2021 he decided to give it a try as a

Fixing His Plate

Dave knew that one important component of losing weight was building healthier eating habits into his lifestyle. He began to take advantage of MOVE!'s tools and strategies for tracking the quality and portions of what he consumed.

Beginning to MOVE! Again

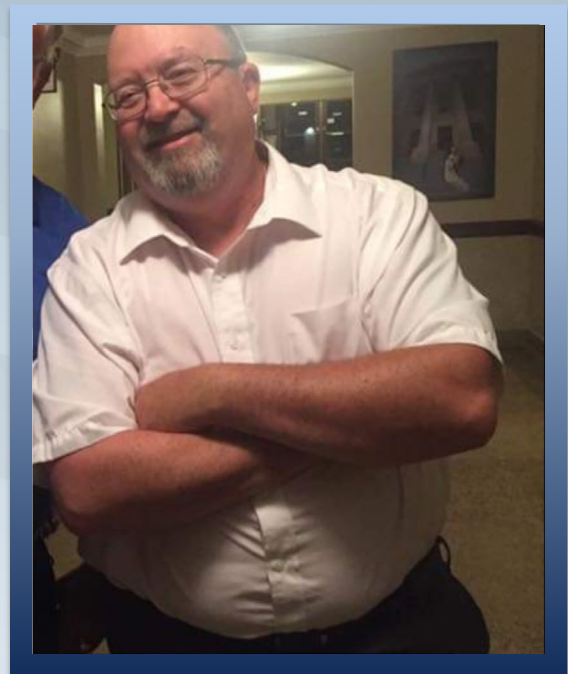
Just as important as developing healthy eating habits was establishing a physical activity routine. As he knew from working on his farm, physical activity is another key lifestyle habit that would help him maintain a healthy weight and positive habits for continued progress. Dave made good use of his VA-issued Fitbit to keep himself on track with his activity goals. He has progressed from not being able to walk more than 200 feet to walking several miles two to three times per week.

Developing the Mindset

Most important in Dave's efforts toward better health was his sense of discipline and accountability. He shares that he is determined to live out his life in better health, and with that as his motivation, he's pursuing his goals with purpose. Dave's MOVE! team, Veteran peers, and his wife Kelly, all helped him stay focused on his goals.

“The great results I've had are by far worth more than the effort invested.”

– Dave Stewart



Making Progress

So far, Dave has lost 70 pounds and wants to lose more! He shares that he feels better, has more energy, and is able to spend more time enjoying new hobbies, trying new foods, and devoting himself to personal growth.