

Smiling More:

VETERAN TINA HAYES DISCUSSES HOW MOVE![®]
HELPED HER GET TO THE 'NEXT PHASE OF HEALTH'

Were you able to control your weight after the military?

“After my discharge, my weight started increasing and it seemed like I just couldn’t stop it. I struggled for 9 years and tried every diet and workout program, but nothing worked.”

What motivated you to start the MOVE! Program?

“I was very insecure about my body, and had to do something to make a change. I was my own motivator—I did it for me and no one else. I told my VA primary care provider about my weight concerns and that I wanted to have gastric bypass surgery. She suggested that I start with MOVE!, and then go from there. I joined the program at the Viera OPC of the Orlando (Florida) VAMC.”

What changes did you make while in MOVE!?

“I had to change my whole outlook, and make a complete lifestyle change—not just food, but the way I looked at life in general. I started journaling and logging my food intake, and getting more physically activity.”

How did MOVE! help?

“It made me accountable for what I was putting in my body. I lost weight and began to see results I hadn’t before. MOVE! made me realize that I never wanted to go back to being the 279-pound person I was before.”

What were your biggest obstacles to weight loss?

“First, I’m not a big talker, but MOVE! required me to be active and participate in class. But I made it through. I elected to have my gastric bypass surgery after MOVE!, got ill afterwards, then had to have gall bladder surgery. So I couldn’t exercise for a while.”

Who supported you?



“MOVE! dietitian Lisa Haggar was with me every step of the way, and she later helped me get ready for bypass surgery. My family and friends helped, too, as did the entire Viera MOVE! team. They did little things like making sure that I was where I was supposed to be, that I was hydrating while exercising, and that I was going to the gym even when I didn’t want to. And just checking on me with phone calls—that meant a lot.”

What’s different now that you’ve lost weight?

“I see myself smiling more! I love to hear people tell me that I look like a completely different person. I’ve lost 129 pounds, and have improved my blood pressure and cholesterol. Doing MOVE! and having the surgery was the kickstart for me to move on to the next phase of a healthier ‘me.’”



What do you do to keep the weight off?

“I exercise, eat right, see the dietitian as needed, and I attend the MOVE! support groups if I feel like I’m getting off track. I have to work for it—I still get up at 5 A.M. to work out, then go to the gym when I get off work, 5 days a week. I tell people that I didn’t just wake up after the surgery 100 pounds lighter!”

Would you recommend MOVE! to others?

“Yes, yes, yes! MOVE! was the best decision I’ve made in a long time. It’s a great program with great information, and it will help you lose weight and keep it off!”