



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *From Great Risk to Great Encouragement*

*LEARNING THAT HE WAS AT INCREASED RISK FOR A CARDIOVASCULAR EVENT LED TO IMMEDIATE ACTION AND ULTIMATELY, SUCCESS!*

Veteran George McLin went from learning he was at great risk to feeling great encouragement from his Danville, IL MOVE! team.

### *Know Your Risk*

George's 10-year risk of having a cardiovascular event was 16% when his provider calculated it using George's current overweight status. By contrast, his risk could be reduced to only 1% if he were able to achieve his ideal body weight.

When George realized his weight had steadily increased over four years, he decided to make his first attempt to set a weight loss goal.



### *What Worked For You?*

After an initial one-on-one appointment with a registered dietitian, George started attending weekly MOVE! group sessions at VA Illiana Medical Center in Danville, IL, for support.

George started journaling his food and beverage intake, including tracking calories. He gradually increased walking and added daily steps to his journal as well.

He appreciated the educational information and the accountability of turning in his food and activity journal each week.

### *Accomplishing his goal!*

George lost 57 pounds in 4 months! He continues to check in with his MOVE! support group each week and has successfully maintained his weight loss for 6 months. His blood pressure is lower too, and is now within the normal range.

“I feel good about myself for achieving my goal.”

– George McLin

### *How do you stay healthy?*

“I weigh myself every morning and continue with the same amount of exercise. I still check in weekly with MOVE!. The MOVE! Program is very encouraging and non-judgemental.”