



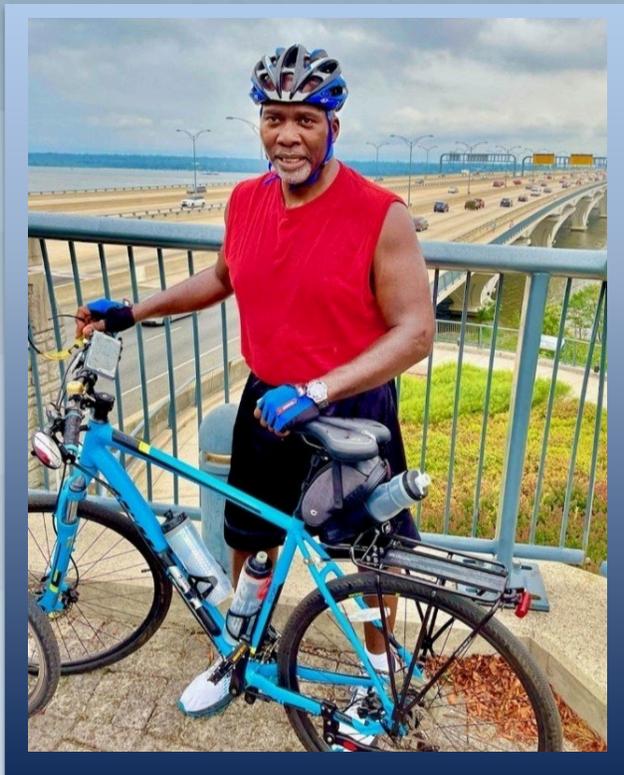
# Success Stories

*Healthy Living Matters. Prevention Works.*

## Learning a New Playbook

**VETERAN GREGORY PAYNE LEARNED HOW TO INCORPORATE HEALTHY HABITS INTO HIS LIFESTYLE TO ACHIEVE BETTER HEALTH AND LOSE WEIGHT**

Working with the MOVE! team at the Washington VA Medical Center in Washington, DC, Gregory made changes that led to a new, healthy, and stress-free lifestyle.



## Getting Serious About Change

As a former football and basketball player, Gregory explains that “I always thought I was healthy as long as I could continue to play sports, but it was not the case.” He shares that he was depressed and made unhealthy choices when consuming food and alcohol. Gregory began looking for a solution when he lost several of his friends to health-related issues. After both his mother and sister passed away due to cancer, Gregory became determined to improve his health. In his words, “I didn’t want to leave my daughter or younger brother early.”

## ***Choosing to MOVE!***

Gregory decided to see his VA provider about managing his weight and his lack of energy, motivation, and healthy sleep. In the waiting area, he noticed a pamphlet for the MOVE! Weight Management Program for Veterans. His primary care provider connected him with MOVE! Coordinator Mary Williams, and she helped Gregory start his journey to better health.

## ***Mindset and Mindfulness***

Gregory explains that the regular check-ins with his MOVE! team helped him stay accountable and disciplined with his new habits. "MOVE! educated me on proper nutrition, the importance of hydration, preparing my meals, reading labels when I grocery shop, and exercising."

## ***The Joy of Success***

Gregory put new habits into practice and now has a new lifestyle with healthy eating and more physical activity. "Breaking old habits can be hard, but enjoying new ones can feel GREAT!" Since starting MOVE!, he has lost 47 pounds, exercises 4 to 5 times per week, and says, "Life is beautiful!" Gregory plans to continue his new routine and looks forward to feeling great, emotionally and physically.

**“Every Veteran would benefit from the MOVE! Program...I love me, you should love you!”**

**– Gregory Payne**



## ***The Road Ahead***

Gregory says bicycling had a tremendous impact on improving his health. He now surrounds himself with positive, like-minded friends, and finds that prayer and meditation keep him positive and focused on pursuing his goals.