Success Stories
## Healthy Living Matters. Prevention Works.

A New Commitment Yields Great Results

VETERAN HAROLD "KINO" MAHER TOOK CONTROL OF HIS WEIGHT BY TRACKING HIS EATING HABITS AND EXERCISING REGULARLY.

With the help of MOVE! Telephone Lifestyle Coaching and the MOVE! staff at the VA North Texas Health Care System, Harold has achieved his weight loss goals and is striving for even more.

Making a New Start

Harold says he has struggled with weight for his whole life. "I have tried many times to drop weight," he recalls, "but it just tends to come back for one reason or another." In September 2019, Harold's doctor suggested that he give the MOVE! Weight Management Program for Veterans a try. He was interested, but worried that the commute to the facility might prove difficult. Luckily for Harold, MOVE! Telephone Lifestyle Coaching (TLC) would allow him to participate in the program from home.

VA | **U.S. Department of Veterans Affairs**
Veterans Health Administration
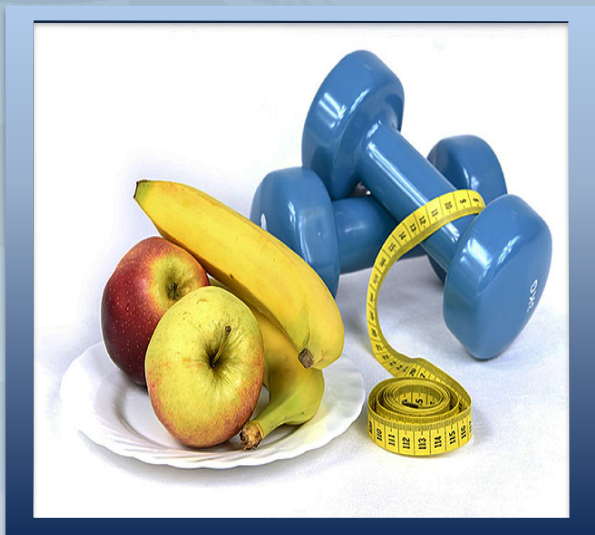
A Team Effort

Harold didn't begin his weight loss journey alone. "The fact that I had friends and family to help keep me accountable" made a great difference to him. "My wife and I would exercise together each day," he explains. Through his own motivation and the help of those close to him, Harold adopted new healthy eating and exercise habits.

Answering the Call

Harold thanks his MOVE! dietitian, Brenda Greer, for her help in keeping him on track. For Harold, recording and reviewing his calorie intake "was the #1 thing that [kept him] losing weight!" The knowledge and support he received from the MOVE! team empowered him to take full control of his eating habits.

Reaping the Rewards

Since joining MOVE! in late 2019, Harold has seen the weight loss success that he has been looking for his whole life. To date, he has lost nearly 70 pounds and 8 inches from his waistline! Moving forward, he plans to maintain his healthy living habits and continue to lose even more weight.

> "**I would recommend the [MOVE!] program to any Veteran who is serious about losing weight. After all, what do you have to lose?"**
>
> **– Harold Maher**

VA | **U.S. Department of Veterans Affairs**
Veterans Health Administration