



Success Stories

Healthy Living Matters. Prevention Works.

Better Health as a Lifestyle

VETERAN JAY NORRIS CHANGED HIS PERSPECTIVE AND DEVELOPED HEALTHIER HABITS TO REACH HIS WEIGHT LOSS GOALS AND IMPROVE HIS HEALTH.

Participating in MOVE! at the Frank M. Tejada Department of Veterans Affairs Outpatient Clinic in San Antonio, TX, empowered Jay to take control of his weight and health.



Getting Back on Track

Jay had struggled to maintain a healthy weight since joining the Army in 1981. "For 20 years the Army told me I was overweight," he explains, "and for 20 years I yo-yo dieted to meet [their] standards." After retiring from the Army, the lack of mandatory weigh-ins and indulging in unhealthy habits caused him to gain weight. He had some success managing his weight with non-VA programs, but when his weight began to increase again in recent years, Jay knew he had to make a change and get back on track. When Jay's VA provider suggested that he start the MOVE! Weight Management Program for Veterans, he decided to give it a go.

Answering the Call

Jay chose TeleMOVE! to take advantage of daily MOVE! messages from the comfort of his own home. He received guidance and tools from his MOVE! team to help him on his journey, including an activity tracker and a scale to log his progress. Jay decided to participate in MOVE! group sessions, where the support and encouragement of his fellow Veterans made a huge difference in his efforts.

Changing His Mindset

Jay explains that “with all the support in place, the tools, and the education on how to make healthy lifestyle choices,” he began to see marked progress in managing his weight. Jay understood that the foundation of his success was not in a quick fix, but in building and maintaining a healthy lifestyle. According to Jay, “exercise, good food, and a healthy body weight are all part of my overall health and contribute to my happiness and quality of life.”

The Measure of Progress

Since starting MOVE!, Jay shares that he has lost over 40 pounds, and recognizes that this is a work in progress. In Jay’s words, “the short range goals are 10 pounds at a time. Longer range goals are health, happiness and quality of life!”

“**MOVE! is not about a quick diet or fast cure...it’s a methodical, logical, and planned approach to identifying and changing poor habits and creating a positive lifestyle.**”

– Jay Norris

More Than Just a Number

Jay was inspired to work toward better health by his impending retirement and the birth of his first grandchild. “I wanted to be able to play with the grandson,” he explains, “and fulfill some bucket list items. I was reminded of the many reasons for losing weight and that small changes could grow into big changes.” Jay reports that he feels better physically and mentally, has improved his sleep, and has reduced his required insulin shots considerably.