



Success Stories

Healthy Living Matters. Prevention Works.

A Community of Change

VETERAN JOHN KRAKLAU FOUND STRENGTH AND MOTIVATION IN WORKING WITH HIS FELLOW VETERANS TO EARN BETTER HEALTH AND WEIGHT LOSS SUCCESS

With the help of the MOVE! team at the Edward Hines, Jr. VA Hospital in Hines, IL, John committed himself to changing his lifestyle for the better.



Time to Make a Change

John was raised in a family and culture that often “showed love with food,” so when he decided that he needed to change his lifestyle to improve his health, he anticipated a challenge. In recent years, John faced significant health complications from high blood pressure, cancer, and diabetes. He had tried other methods of managing his weight in the past, but he was not able to accomplish lasting change. When his health care team suggested he join the MOVE! Weight Management Program for Veterans (MOVE!), John saw an opportunity to try things differently.

The Right Perspective

After John joined MOVE!, he soon discovered that he had used the “wrong [approach] all along” in trying to manage his weight. Unlike diets or weight loss systems, MOVE! empowers Veterans to make sustainable healthy changes to their lifestyles. With MOVE!, John was able to make steady progress in changing his food and physical activity behaviors every day.

Working Toward the Same Goal

John explains that one of the main reasons MOVE! empowered him to accomplish his goals is the sense of community he felt with his team and peers. He describes his MOVE! group as compassionate and understanding in their constant support throughout their shared weight loss journey. He is grateful to have had the opportunity to learn and share together with other Veterans.

The Benefits of Health

John has lost nearly 45 pounds since joining MOVE!, but beyond his weight, his overall health has improved dramatically. His new lifestyle has helped him lower his blood pressure and blood sugar levels, and his vision and nerve pain problems are now more manageable.

“It all comes down to [loving yourself], which...is something MOVE! [helps] with.”

– John Kraklau



Body and Mind

In addition to his physical changes, John’s mental health and outlook have improved as well. According to John, “MOVE!...has taught me autonomy, [self-forgiveness], how to make realistic goals, and how to lead a balanced lifestyle.”