



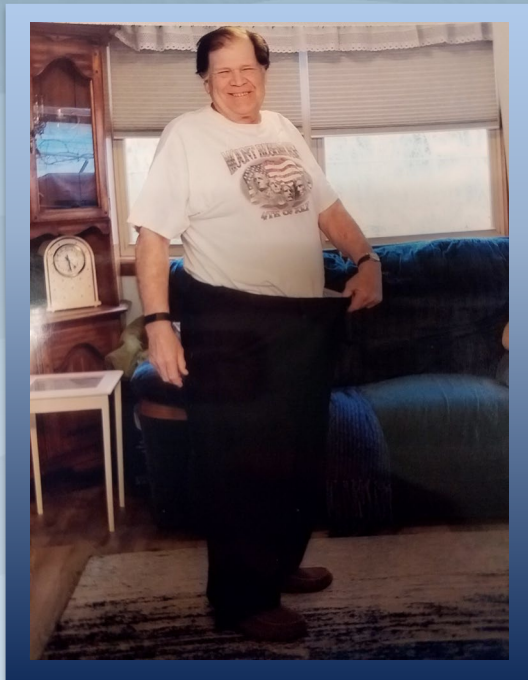
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *This Army Veteran Wanted More*

*JOHN WRAALSTAD WENT FROM SIZE XXXL TO XL WITH THE HELP OF THE MOVE! TEAM AT THE CLEMENT J. ZABLOCKI VAMC IN MILWAUKEE, WISCONSIN*

Previous weight-loss attempts resulted in minimal weight loss and John wanted more; more out of his retirement, more time on the golf course and more physical activity.



## *He Was Able to Make Changes*

At 296 pounds and facing pre-diabetes, John's VA dietitian suggested he try the MOVE! program. He agreed and opted to work one-on-one with a MOVE! dietitian. He started keeping a food log which helped him realize how much food was contributing to his weight and that he had to reduce his portions. With the help of the MOVE! team, John was able to make important changes including reducing soda, increasing proteins and vegetables, and eating regular meals.

### *From Tired to Active*

John said he was in the best shape of his life when he was discharged from the Army and was able to maintain a weight of 200 pounds. He started gaining weight after he retired and quit smoking. By 2017, he weighed over 300 pounds and had COPD. He was spending 10 hours in bed each night, but was still tired. Now, after losing 74 pounds he walks 3-6 miles per day, four days a week. He also does yoga and Tai Chi one day a week and says these help him both mentally and physically. John is also now decreasing his medications.

### *It Keeps Him Honest*

Keeping a food log has been important to John's success and he continues to log his food intake daily. "It helps to keep me honest." Also, John doesn't feel the need to finish everything on his plate anymore. He leaves soda for special occasions, drinks lots of water and snacks on veggies. He's even got his wife and other family members working on their own lifestyle weight management programs!

### *His OWN Program*

In addition to keeping a food log, John said the personalized weight management advice he received with MOVE! helped him make the program his own.

“Life is so much easier and I’m finally able to enjoy my retirement”

-John Wraalstad



### *You Can Make It Happen*

“Try it; it works! It is personalized to you, so if you're ready for it, you can make it happen.”