



Success Stories

Healthy Living Matters. Prevention Works.

Getting Back on Track

AFTER GAINING WEIGHT DURING THE COVID-19 PANDEMIC, VETERAN KAREN BERRY TURNED TO MOVE! TO HELP HER DEVELOP A HEALTHIER LIFESTYLE

The MOVE! team at the Southern Arizona VA Health Care System in Tucson, AZ provided Karen with the tools and techniques she needed to accomplish her goals.



Deciding to MOVE!

Karen's struggles with maintaining a healthy weight began after she started a desk job that limited her opportunities to be active. She achieved fleeting success with other weight loss programs, but Karen would regain the weight she had lost each time. When she began to gain even more weight during the COVID-19 pandemic, Karen decided to try a new approach. She saw information about the MOVE! Weight Management Program for Veterans in a VA email and embraced the new opportunity.

Getting Involved

Karen began participating in MOVE! group sessions in November 2020. The group model helped her stay accountable as she learned and adopted new, healthy habits. Some of her most effective changes included tracking calorie intake and regularly weighing herself to monitor her progress.

Support of the Team

Karen's success resulted from the strength of her own commitment and discipline, and she acknowledges her MOVE! Coordinator, Becky Biggard, for the guidance she provided throughout Karen's weight loss journey. Becky and other MOVE! team members helped empower Karen to make the lasting changes she desired.

Positive Changes

Since joining MOVE!, Karen has reshaped her routine and built a healthier lifestyle. She enjoys being active by playing pickleball and competing in tournaments. She has also restructured her diet to limit red meats and incorporate more chicken and fish. "I feel better overall," she shares, "both mentally and physically." She can now move, breathe, and stretch more easily, which has aided her competitive skill.

“Give it a try, it's a good program... [MOVE!] works if you work it!”

– Karen Berry



Healthy Progress

So far, Karen has lost nearly 30 pounds, decreased her BMI by 4.6 points, is active for at least 300 minutes per week, and continues to work toward even greater success. With her new, healthy lifestyle, the sky is the limit!