



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***A Return to Form With MOVE!***

***VETERAN LARRY CONLEY SUCCEEDED IN LOSING WEIGHT WITH SUPPORT FROM THE MOVE! TEAM AND FELLOW VETERANS AT THE CRANBERRY TOWNSHIP, PA COMMUNITY BASED OUTPATIENT CLINIC.***

Larry reclaimed control of his weight and developed a healthier lifestyle!



## ***A Wake-Up Call***

Larry's motivation to work toward a healthier lifestyle was simple. "The athlete that used to exist didn't exist anymore," he explains. Though he had tried to manage his weight in the past, Larry felt that he had been abusing his body through neglect. When his primary care provider suggested the MOVE! Weight Management Program for Veterans, Larry decided to try it. MOVE! was different from other programs and changes Larry had tried in the past. He cites the support of MOVE! team members and his fellow Veterans as important to his journey, and notes that the positive atmosphere of the program helped keep him engaged!

## Support of the Team

Larry acknowledges his MOVE! team for their professionalism, expertise, and encouragement: "Courtney Johns, Megan Tritt, Susan Leslie and Laura Crawford are great! Six out of five stars for all of them!" He wants "everyone doing work at the VA to know that this Veteran thanks them for their service!"

## More Than Just a Diet

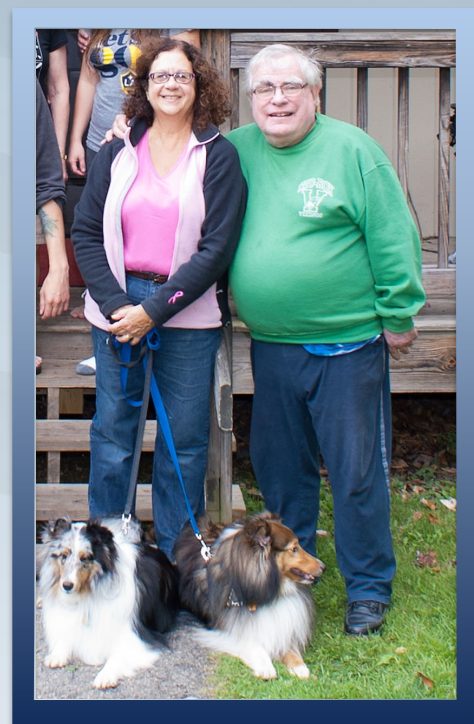
For Larry, the comprehensive programming that MOVE! offers has been extremely effective. "I changed my lifestyle," he explains. "I started doing this when I was retired, so I have the time to be more invested." Incorporating the components of a weight management program, Larry has added regular exercise to reinforce his new healthy eating habits. His successes include 86 pounds lost, improvements in overall health, and improved management of his diabetes.

## The Skill to Improvise

Pennsylvania weather and COVID-19 restrictions motivated Larry to develop his own routine at home. In addition to using the indoor track in his basement to get an average of 17,000 steps per day, Larry is working on adding a strengthening program into his routine.

“ [The MOVE! team is] great...they provide solid information [and] care about the Veterans.”

– Larry Conley



## A Return on Investment

Larry notes that with the MOVE! program, he feels valued as a Veteran. "The [MOVE! team appreciates] that we signed a blank check to serve our country...they definitely show us that they appreciate Veterans."