



Success Stories

Healthy Living Matters. Prevention Works.

Rising to the Challenge With MOVE!

VETERAN MARION JOHNSTON COMMITTED TO CHANGING HIS LIFESTYLE AND IMPROVED HIS HEALTH IN THE PROCES.

With the help of the MOVE! team at the West Texas VA Health Care System, Marion used healthy eating and exercise habits to achieve his weight loss and health goals.



A Need to Change

When Marion started the MOVE! Weight Management Program for Veterans in September 2018, he was facing great health difficulties. He had struggled with his weight since leaving the Marine Corps in 1979, and found himself at a low point. "I was in a wheelchair because I could not walk," he explains. "My legs were swollen and leaking. I had a very hard time breathing. My blood pressure and blood sugar were very, very high." At the time, Marion weighed nearly 400 pounds and knew that he had to make changes in his life.

Building a Foundation

In order to undergo bariatric surgery, Marion first needed to learn and adopt the healthy behaviors outlined by his MOVE! team. In his group sessions, Marion learned healthy eating strategies, such as keeping a log of the foods he ate each day. He was also inspired to increase his level of physical activity and began regularly walking with his wife. While MOVE! "taught [him] how to eat and what to eat," Marion found success by adopting a wide range of healthier behaviors for his whole lifestyle.

Achieving Success

Today, Marion is nearly 140 pounds lighter than when he started MOVE!, but the benefits of his hard work extend beyond just his weight. "I can walk now," he shares. "I don't have to use a wheelchair or scooter!" Marion has also seen improvements in other aspects of his health. He has improved both his breathing and blood pressure and no longer needs to take insulin! Marion now continues to maintain the habits that have helped him achieve such great success, and looks toward a future with even more weight loss and better health.

“17 months later and I’m still losing [weight]...[MOVE!] works if you really want it to.”

– Marion Johnston

