



Success Stories

Healthy Living Matters. Prevention Works.

The Beginning Steps of a Whole-Health Journey

AFTER DIABETES LED TO A SPIRAL OF INCREASING MEDICATIONS AND WEIGHT GAIN, VETERAN TOM McLAUGHLIN HAS FOUND HEALTHY LIVING WITH MOVE!

Tom's situation may sound familiar to many Veterans with similar health problems. Let Tom's words—and results—tell a story that's still being written: "It is not what happens to us, it is how we deal with what we are dealt."



What led you to choose MOVE!?

"I was diagnosed with diabetes—I was shocked. I did my best to exercise and watch my diet. Over time, this was not enough, and I was put on insulin. Every time my A1c went up, I was instructed to increase the insulin dosage. I gained over 100 pounds over a three-year time frame after I began taking insulin. I felt like I was caught in a vicious cycle and downward spiral.

"I was referred to dietitians and programs, and the approaches were all the same—'Here is a 2,000-calorie diet. Track everything you eat.'"

In 2016, you were introduced to MOVE! What was different?

“For the first time, a ‘health program’ was suggested based on my size, age, and all health conditions. The suggested diet was more detailed. I was encouraged to include exercise and participate in a weekly teleconference with a clinical psychologist and nutritionist.”

How did MOVE! help you?

“These sessions have been invaluable. I gained a new understanding of nutritional aspects, and began to realize the solutions to any success had to deal with my issues uniquely. I began to set goals and measure results. I recorded my food intake daily and focused on reaching 10,000 steps. After three months, that was increased to 12,000.

“Over 12 weeks, I began to see small results, had a support team on the weekly video sessions, then more results began to show.”

What did you accomplish with MOVE!?

“In January, my A1c was 9.0; by the end of July it was 7.4. In July, I reduced my short-term insulin dosage by 30 percent and long-term intake by 10 percent. I have stopped taking a diuretic for blood pressure.

“ I am on a journey. Many small successes over time will yield large results.”

– Tom McLaughlin



My weight loss has been around 7 percent of my body weight. I have dropped one size on shirts, pants, and belts. Before, I was struggling to walk and play 18 holes of golf. Today, I can walk the full 18 holes.

“I recommend all Veterans who have been going through similar struggles to take a close look at the MOVE! Program. It is a ‘whole approach’ tailored around the individual, not a ‘one size fits all’ approach.”