



Success Stories

Healthy Living Matters. Prevention Works.

Fun and Active for Her Grandchildren

VETERAN MELINDA WEST ENLISTED THE HELP OF THE MOVE! TEAM AT THE OVERTON BROOKS VA MEDICAL CENTER IN SHREVEPORT, LA, TO LOSE WEIGHT AND GET ACTIVE.

Read more about Melinda's challenges, her motivation and her success not only with losing weight, but with improving her health overall.



Lifelong Struggle Ends

Like so many others who participate in the MOVE! Weight Management Program for Veterans, Melinda West shared that she had struggled with weight all of her life. Even during her time serving in the US Army, Melinda says weight was a challenge. Later on, her health was affected by what she described as "out of control" blood sugar and high cholesterol. These health concerns motivated Melinda to make a change, but her biggest motivator by far was her strong desire to be a fun and active grandmother to her grandchildren.

Combining Support

Melinda, like others, chose to combine some of the various options of MOVE! care to maximize her success. Individual and group sessions were the two that Melinda used to help her reach her weight loss goals. During her participation in MOVE! group sessions, Melinda started her path to success losing 17 pounds or 7% of her body weight. After the group sessions, she continued to lose weight and achieve other health goals in her facility's Health Behavior Change Group. As of the writing of this story, she had lost a total of 41 pounds.

Maximum Results

Melinda saw a variety of other positive health outcomes as she continued to lose weight. These included decreases in: A1C from 9.8% to 7.6%; total cholesterol from 176 to 149mg/dL; LDL cholesterol from 111 to 101mg/dL; and triglycerides from 228 to 129mg/dL.

Grateful and Excited

Reflecting on her experience, Melinda says she is grateful for all of the tools and resources provided by her team. She is also grateful to other MOVE! participants for keeping her motivated. She is excited about being able to touch her toes and even hopes to hike the Appalachian Trail!

“Melinda is excited to finally be able to touch her toes and hopes to one day hike the Appalachian Trail.”

– Elizabeth Ollendike
MOVE! Coordinator

