



Success Stories

Healthy Living Matters. Prevention Works.

A Positive Attitude Is The Key To Success!

ENCOURAGEMENT FROM HIS WIFE AND FELLOW VETERANS SUPPORTED HIM THROUGHOUT HIS 60-POUND WEIGHT LOSS JOURNEY.

Veteran Richard Rankin went from being fed up with his weight to feeling great inspiration from his St. James, MN, VA Clinic MOVE! Program.



A Spark of Inspiration

After struggling to manage his weight for some time, Richard decided to seek additional help and support from his local MOVE! Weight Management Program for Veterans. After learning about the program from literature in the VA clinic waiting room, he asked to schedule a MOVE! appointment. Richard felt inspired after his initial assessment and was even more motivated after reviewing of the MOVE! program materials.

Accountability Using Food and Activity Log

During his participation in MOVE! sessions, Richard learned about the importance of tracking food intake and physical activity. He began using a tracking app on his phone and replaced starchy vegetables, like corn and potatoes, with non-starchy options, like carrots, cauliflower, and broccoli.

Full Steam Ahead

Richard also started walking daily. Over time, he found that he was able to walk farther and at a faster pace. Since losing 60 pounds, he noticed that his knees feel better and that his overall energy level has improved, too.

Motivation for the Future

Richard is grateful for his wife who partnered with him in making healthier choices. They continue to enjoy making meals together and encouraging each other. He also feels motivated by positive comments from friends and family. Richard plans to continue his daily walking regimen, mindfully preparing meals, and regular follow-up with his MOVE! team.

“If you have struggled with motivation in the past, give [MOVE!] a call. They will offer you the help you need to realize your weight loss success.”

– Richard Rankin

