



Success Stories

Healthy Living Matters. Prevention Works.

Getting Serious About His Health

VETERAN BOB CHRISTENSEN BROKE THE CYCLE OF WEIGHT LOSS AND REGAIN BY EMBRACING A HEALTHIER LIFESTYLE.

With the help of the MOVE! team at the Washington, DC VA Medical Center, Bob took control of his health through success with weight loss.



An Unhealthy Cycle

While Bob served overseas in Vietnam, he had maintained a consistent and healthy weight. Upon his return in 1968, however, he developed unhealthy eating and drinking habits. Overeating became his comfort from stress. Bob shares that he would compulsively eat junk foods beyond the point of fullness. He tried to manage his weight through different methods and fad diets, but any success was short-lived. Every time he regained weight, his weight would increase even further.

First Steps

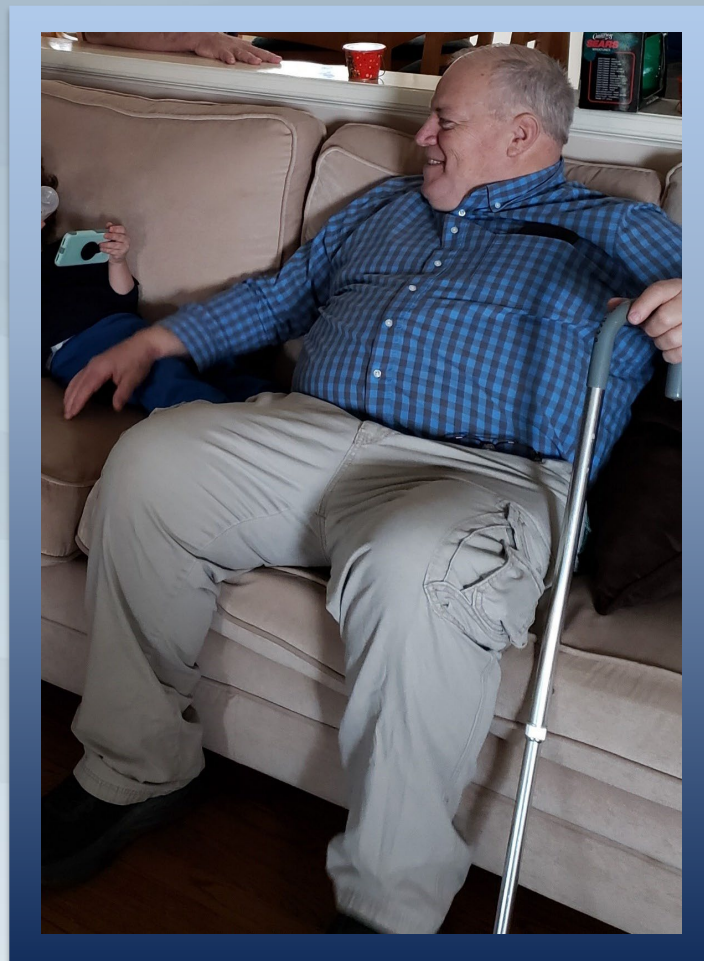
At his heaviest, Bob's poor health and fitness made everyday activities a struggle. He enrolled in the MOVE! Weight Management Program for Veterans several times, but in spite of early successes, he would eventually stop attending his sessions.

Getting Serious

In 2020, Bob decided to fully commit to MOVE!. He knew that without a permanent lifestyle change, he would never break the cycle of weight loss and regain. This time, Bob embraced MOVE!'s lessons and strategies for both diet and exercise. He began choosing healthier foods, tracking his meals, and developing a new exercise routine to stay active.

An Ongoing Journey

Since re-enrolling in MOVE!, Bob has made great strides toward reaching a healthy weight. His new diet, along with regular three-mile walks and stretching workouts, has helped him lose 100 pounds. He continues to push forward with MOVE!, and plans to maintain his healthy lifestyle. Bob says he understands the benefits of setting small, achievable goals and relying on his support network to help manage stress.



Part of the Team

Bob acknowledges his MOVE! team, including MOVE! Coordinator Mary Williams, for empowering him to change his life and improve his health.