



Success Stories

Healthy Living Matters. Prevention Works.

Making the Most of it with MOVE!

CHICAGO VETERAN THOMAS SOBEY DECIDED TO GIVE MOVE! A CHANCE TO HELP HIM MANAGE HIS WEIGHT AND LOST 68 POUNDS AS A RESULT.

Thomas became an expert “MOVER” and exceeded his goals for weight loss and physical activity with the help of the Edward Hines Jr. VA Medical Center MOVE! team.

Learning new things

Before joining the MOVE! Weight Management Program for Veterans, weight loss was a constant struggle for Veteran Thomas Sobey. After his doctor recommended MOVE!, he decided to give it a shot. Thomas enjoyed all the different things he learned while participating in the MOVE! program. According to Thomas, he believes that label reading is what helped him most along the way. Being aware of what to look for on the nutrition label helped him choose healthier foods. He also kept a food log, which he continues today, and that has helped him stay on track. “I do not always follow it perfectly every day but that’s ok.”



MOVE! and so Much More

MOVE! helped Thomas discover other support programs that were being offered at his VA. He started attending cooking classes and joined a recreation therapy program. He wanted to branch out even more so he decided to join the Chicago Senior Center, where he does yoga six hours per week. He also attends chair exercise classes, plays basketball, and walks multiple miles throughout the day. The constant physical activity, along with tracking his food, has helped him to lose weight. "I also learned that I really enjoy meditation and yoga, which have helped me to feel calmer and more relaxed."

Thankful for Support

Thomas started MOVE! in December 2014, and continues to attend MOVE! support groups to this day. He is very grateful for everyone who has helped him along the way. "Nicole from Social Work, Mary Theresa from Recreation Therapy, and Stephanie from Nutrition" had a significant impact on him. "Because of their support and encouragement, I've made changes that have made me happier. I feel calm and relaxed. I have lost 68 pounds, kept it off for the last five years, and I have even reduced some of the medications I was taking."

“MOVE! teaches you to be aware of what you are putting in your body and how to make healthy choices.”

– Thomas Sobey



Just MOVE!

Thomas remains determined to stay active, participating in chair exercise classes, yoga, basketball, and walking. He plans to support what he calls the literal meaning of the program name and just MOVE!.