



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *No More Checking the "Obesity" Box*

*TINA MOLDEN KNEW THE TIME TO MAKE A CHANGE WAS LONG OVERDUE, BUT SHE WAS HAVING A HARD TIME FINDING THE MOTIVATION.*

When she learned about the MOVE! group sessions available to her at the Frank M. Tejada Outpatient Clinic in San Antonio, TX, she started her journey to weight loss and better health.

### *When Weight Became an Issue*

Tina describes herself as an emotional eater. She says she enjoys food, especially junk food, buffets, and sugary drinks. At first, when she gained a few pounds here and there, she was always able to lose it easily. It wasn't until her early 30s that weight became an issue. She began gaining weight after her mother died, and for several years her weight was a roller coaster ride. When she retired from the Air Force in 2012, she gained weight steadily until 2018 when she reached her heaviest weight. "I knew better but really wasn't motivated to do what I needed."



### *Time to Make a Change*

“For years I’ve joked about looking like I was 8 months pregnant, and...just a couple of days before I planned to start my healthier eating journey, I was subbing for a Pre-K class. A little girl pointed to my stomach and asked if that was my baby. She was so perplexed when I told her it wasn’t that she asked the same thing later that day. She was only 4, but it was embarrassing. I also didn’t like having to check the “obesity” box every time I had a medical appointment. The time to make a change was long overdue.”



### *Making Better Choices – Judgment Free*

Tina learned about VA’s MOVE! Weight Management Program and asked her primary care provider if her clinic offered it. She says keeping a food log helped her make better choice and stay accountable and on track. “I was hesitant at first but found that it really did help me stay accountable with my food choices.”

“ I liked the fact that the group was made up of fellow Veterans with similar struggles and there was no judgment.”

– Tina Molden

### *Intentional Changes Lead to Measurable Success*

“I’m more intentional about food choices, and I still log meals. I plan to participate in the monthly Keep Moving class as often as I can to help me stay focused.”

Tina surpassed her original goal and lost a total of 59 pounds. She has joined the YMCA to be more consistent with exercise and says, “I don’t get winded as easily. I also don’t have to worry about whether or not I can fit on an amusement park ride.” She adds, “I’m not really a clothes person, but I like not having to shop in the plus size section (smile! ”