



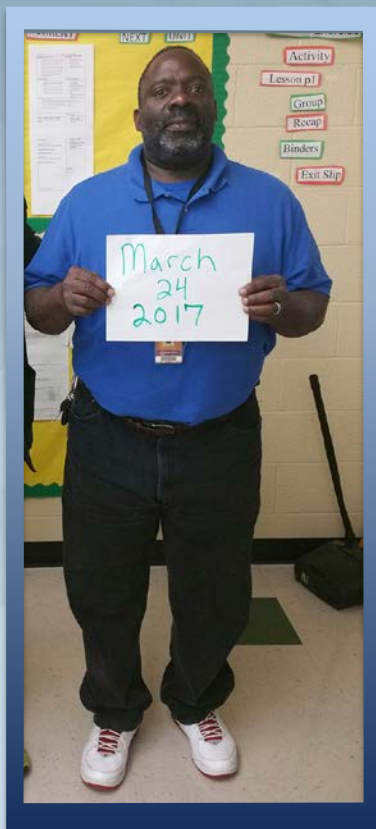
Success Stories

Healthy Living Matters. Prevention Works.

53 Pounds and Still Going!!!

TELEMOVE, HIS WIFE AND HIS TEAM AT THE RALPH H. JOHNSON VAMC IN CHARLESTON, SC HELP DARRYL MIDDLETON LOSE WEIGHT AND KEEP IT OFF.

"I look and feel better! My blood sugar and blood pressure have come down, I'm taking fewer medicines. I almost feel like a teen again!"



What motivated you to choose MOVE!?

"I struggled with my weight for many years. My health was being affected by my weight and not in a good way."

Darryl saw his primary care team where they explained that as he gained weight there would be more compression on his organs, and he would have a greater risk of heart attack, stroke, respiratory problems, and other conditions.

"I saw a MOVE! poster while I was at the VA and said 'That's what I need.' I discussed it with my doctor and he gave me the green light."

What happened when you started MOVE!?

"I started MOVE! in December 2013, lost 50 pounds by April 2014. Then I had an accident causing back injuries, so I dropped out, which was a bad MOVE!. I rejoined in November, and have again been successful in losing weight. I plan to always participate."

What have you accomplished through MOVE!?

Darryl has lost 53 pounds so far and is still going! He walks and rides his bike, and his daily step goal is 10,000 steps, which he usually meets or exceeds. He continues to track his food and activity on his smart phone to help him reach his goals.

Darryl says, "It works! It's a process and a lifestyle change and it takes commitment. Don't get discouraged by the number on the scale. Keep going!"

“ Tammy Gray, RN, my MOVE! Coordinator has been a great source of encouragement, even when I feel I’m not doing well.”

– Darryl Middleton

What helped you reach your goals?

Darryl has benefited from the support of many people in different areas of his life.

"My wife has been a big help and support; she helps me keep on track. My co-workers have been there for me, too. Tammy Gray, RN, my MOVE! Coordinator has been a great source of encouragement, even when I feel I'm not doing well. The accountability has been a big help. The handout manual gives me tips on eating and ways to make changes that fit me and my lifestyle. Having the [in home messaging device] equipment has been helpful, too."