

On Track and in Control of his Health:

JOE WORLEY REFLECTS ON HIS CONTINUED WEIGHT LOSS SUCCESS THROUGH MOVE![®]

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Joe Worley believes that when we are given the opportunity and are fortunate enough to regain our health, then we need to be accountable for ourselves. His opportunity came when he began participating with the Daytona Beach MOVE! Program. He successfully lost 40 pounds and set an additional goal to lose another 25 lbs to get back to his weight when he was discharged from the Army in 1972.



Worthwhile Work

Joe believes you have to work at anything that's worthwhile. He says, "I still exercise and continue to watch the fat and carbs in my food and drinks. I plan ahead for situations out of my control (picnics, parties etc.)" These are skills Joe learned about in MOVE! and continues to practice today.

In Control of My Health

He goes on to share, "Most importantly, the education I was given while attending MOVE! has enhanced my life forever." And about that train to nowhere, Joe reflects, "...I'm still riding the train, but now I'm the engineer and have control of my health."

Refusing To Fail:

MOVE! HELPS VETERAN JOSEPH WORLEY GET OFF THE 'TRAIN TO NOWHERE' AND GET HEALTHY

Before MOVE!, Veteran Joseph Worley admits that when it came to his health, he was a “mess.” He didn’t know how to eat healthy and had tried dieting, without success. “I lost some weight once doing a low-carb diet,” he explains. “But I couldn’t keep it off. As soon as I stopped, I gained the weight back...very quickly.”

Not An Age Thing

Joseph didn't know what to do next, and his lack of will power was a huge obstacle to improving his health. “I would start walking or exercising, then quit about a month into it if I wasn't losing any weight,” he says. “Then I would sit around feeling sorry for myself. It was easy to find excuses about why I couldn't get in shape.” Joseph told people that it was an “age thing” or due to the medications he was taking. But deep down, Joseph knew the real answer to his lack of success: self-control.



Getting A Grip

“I simply didn't want to stop doing the things I had grown so fond of, like partying, eating 12-ounce steaks, and loading up on pizza,” Joseph recounts. “And boy, the weight will really stack up if you do those things, especially if you’re 62 years old and not a young pup anymore.” He also couldn't get a grip on which foods he needed to eat, how to maintain a physical activity program, or control his blood pressure.

Luckily, he *was* finally ready to make some changes. “I went to the Daytona Beach VA Outpatient Clinic for my annual doctor’s appointment, and started talking with my nurse,” he says. “I started discussing my blood pressure dilemma—how it was hard to maintain even with medications.” She knew Joseph was serious about addressing his problem, so she told him about the MOVE!® Program.

Buying In

When he began the program 4 months later, he was eager to learn. “I went into the class open-minded and pretty much like a sponge, ready to absorb anything,” he recounts. “And during my first class, I knew that somehow, somehow, MOVE!® was going to work for me.” Importantly, Joseph had also decided he wasn’t going to give up or fail. In the



class, MOVE!® staff talked with Joseph and his classmates, gave them ideas, and asked everyone to commit to a weight goal and make some healthy choices for themselves. “They sent us home and told us to start tracking what we ate and get some physical activity,” he explains. “I bought in to the program because that seemed pretty easy to do. About a month or so later, I went back and started the 10-week MOVE!® Program.”

Joseph started doing regular weigh-ins, talking about the right foods to eat, and getting “incredible” support from staff. “The Daytona MOVE!® team was so encouraging,” he says. “Terri, Becky, Pat, and everyone else cared so much and became an important part of my life.” When Joseph occasionally became overwhelmed with the instruction and slipped, he’d work twice as hard to achieve his goals. “I was losing weight immediately and that helped me stick with the program,” he explains. “Often, I’d walk into class thinking I’d gained a pound or two. But at weigh-in, I’d see that I actually *lost* weight and some inches from his waist!” The new lifestyle became easy for Joseph because he was eating mostly as he did before, just using smaller amounts of lower-calorie, fat-free foods.

Don’t Waste Another Minute!

When Joseph started MOVE!®, he weighed 264.5 pounds and had a 49.5-inch waist. Today he’s happily at 224.6 pounds and a 44-inch waist! “I’m so encouraged by my success that I’ve set another goal: 200 pounds,” he reports. “Even though I haven’t weighed that since I was discharged from the U.S. Army in 1972, I know I can do it.”

Joseph is here to tell other Veterans that MOVE!® works and is so simple. “Take it from a man who was on a ‘train to nowhere,’” he says. “If you’re wondering ‘should I do it’ or ‘do I have the time to improve my life,’ just read my story. This program will work for you if you do the right things and make the right choices. Don’t waste another minute, MOVE!® works!”