



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***A "Can-Do" Attitude Put Him on the Right Track***

***INVITED BY HIS OGDEN, UTAH, MOVE! TEAM TO WRITE HIS STORY, ARMY VETERAN BRENT MANLEY SHARES HIS UPS AND DOWNS WITH WEIGHT MANAGEMENT.***

After a frightening visit to the emergency room, Brent consulted with his healthcare team and made an action plan to lose weight.

### ***From Alarm to Action***

In August of 2016, Brent Manley had what he described as a life threatening hyperglycemic episode that landed him in a hospital emergency room. A few weeks later, with the help of his healthcare team, Brent took this scary experience and turned his life and his health around. Ultimately, he started participating in MOVE! in the fall of 2016 and continued with MOVE! in one way or another until Spring of 2019 when he shared this story with us.



## ***Persevering Through the Ups and Downs***

"Upon graduating [from MOVE!] on 16 February 2017, I signed up for and attended any other classes or session available to help me lose weight either through the VA or the civilian side and started to increase my exercise level as I could. I chose to continue to attend this class as long as I could."

Brent experienced a few ups and downs along the way, but was feeling good about himself as the weight slowly came off. By fall of 2017 he had lost 61 pounds and exclaimed, "WHOOPEEE!!!" He was excited that he no longer needed medication for diabetes or high blood pressure. "I was even able to fit back into my smaller clothes. I had more energy, feeling great, looking great, had a positive can do attitude and was definitely on the right track to better health. By 19 January 2018 I was down a total of 85.3 pounds."

During he weight loss experience Brent faced several challenges including knee arthritis, his wife having a stroke, and his son having seizures, to name just a few. His own motivation and the support he received from his team helped Brent to push through and continue toward his goals.

**“This program does everything within its power to promote positive thinking and actions to help you obtain your goal.”**

**– Brent Lee Manley**

## ***Positive Reinforcement***

Brent has a long list of reasons he likes attending MOVE! sessions, here are a few of them:

- 1.** Keeps me motivated
- 2.** Nobody talks down to you
- 3.** You constantly receive positive reinforcement
- 4.** It's convenient
- 5.** It has a GREAT instructor
- 6.** You constantly learn new ways to apply learned techniques to reach your goal
- 7.** You are not alone
- 8.** It's fun
- 9.** The knowledge, skills, trades and experience of the class contribute to your learning how to fix things differently