



Success Stories

Healthy Living Matters. Prevention Works.

Retirement Ready

VETERAN BRUCE JACKSON SUCCESSFULLY LOST 25 POUNDS IN PREPARATION FOR HIS MILITARY RETIREMENT.

MOVE! Weight Management sessions offered by the Alexandria, Louisiana MOVE! Program helped Bruce meet his weight goal to begin retirement on the right foot!



Weight Loss and More

Bruce described that he was feeling sluggish and unhealthy. He was depressed that he could not walk any distance without getting short of breath. His knees were hurting and his blood sugar and blood pressure were high.

He wanted to reach a healthy weight goal before he retired from the military. He needed help and his primary care provider referred him to MOVE!

MOVE! taught Bruce about setting health goals. Because he couldn't run much without knee pain, he selected "steps" as a new goal and worked to achieve 10,000 steps per day, eventually increasing to 13,000 per day.

Postive changes with MOVE!

While Bruce continued to work on his step goal, he started eating smaller portions and not getting seconds at the buffet or at mom's house. He started eating breakfast to avoid eating too many snacks. He states: "Today I hardly snack unless I'm really hungry; then I reach for fruit or nuts. I don't add salt and I look at sodium and other nutrients on the labels. I eat more fruits and vegetables, have backed off of sweets and I keep track of my goals. I still eat the foods I like but I minimize my portions.

Now, I feel much better. My blood sugar and blood pressure are better. I have more energy and I feel good going into retirement being healthier."

More than weight loss success

In addition to a 25 pound weight loss, Bruce has seen improvements in his blood sugar control with his HgbA1c decreasing from 6.2 to 5.4. His blood pressure is also improved.

Bruce says: "My endurance is better. I don't get out of breath, and there is less pressure on my knees so I am walking more!"

“MOVE! was helpful because it gave me the tools I needed to lose weight and make changes.”

– Bruce Jackson



Making it happen

"I did the work but without the guidance of MOVE!, it would not have worked. You gotta do it. Ain't nobody gonna make you."