



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Taking Control for Good Through MOVE!***

***AFTER FIGHTING THROUGH "UPS AND DOWNS" FOR YEARS, VETERAN CIELLE GOODMAN TOOK CHARGE OF HER HEALTH PERMANENTLY WITH THE HELP OF MOVE!***

Cielle worked with her MOVE! Team at the Orlando VA Medical Center's Daytona Beach Outpatient Clinic to build sustainable and healthy habits for diet and exercise.



### ***A History of Ups and Downs***

In her words, Cielle "had a problem with [her] weight for decades," and would go through cycles of losing and regaining weight. After many diet and exercise programs failed to produce lasting results, Cielle found the most success during her deployment to Iraq, where "walking everywhere...had something to do with it." Though she recognized how important consistent exercise is to weight loss, Cielle still struggled to maintain a healthy diet.

## ***Fighting Through Struggles***

After returning from Iraq and facing the challenges of caring for two children while recovering from breast cancer, Cielle regained the weight she had previously lost. After moving to Florida, however, she remembered the positive effect of her constant exercise while on deployment and began to walk regularly.

## ***A Push to MOVE!***

Upon recommendation of her primary care provider, Cielle began the MOVE! Weight Management Program for Veterans in December 2019. "It's different from any other program I tried," claims Cielle, "because I learned how to [maintain a] Food Diary...about what and how much to eat. I know now how to watch my calories."

## ***A Family Affair***

Cielle credits her relationship with her Veteran daughter for her motivation to maintain her healthy habits. "My daughter...and I are keeping each other accountable," she claims. With encouragement from both her family and her MOVE! team, Cielle has lost nearly 40 pounds so far!

**“The urge to finally take charge...of my body was my inspiration.”**

**– Cielle Therese Goodman**



## ***Positive Changes***

Cielle has reaped the considerable benefits of her new lifestyle, noting that she "can do more [exercise]...for longer...with no [pain]." Further, she has been able to adjust her habits such that previously prescribed medications are no longer necessary!