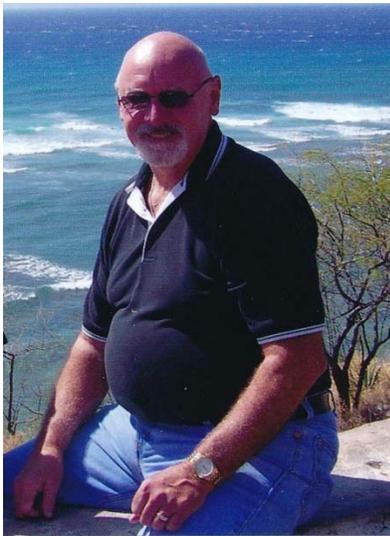


## **Embracing Lifestyle Change: VETERAN DAVID MILLER TELLS THE STORY OF HIS 50-POUND WEIGHT LOSS THROUGH MOVE!<sup>®</sup>**

“As a young person, I was always active in sports and activities. But after my time in the U.S. Army, several years of sitting behind a desk, little exercise, fast food habits, and job stress had left me with high cholesterol, bad knees, sleeping problems, and major weight gain. Other health issues also began to appear. But I didn’t perceive myself as being significantly overweight; I just saw it as a sign of being older and lazy.

Then came reality—attending a Navy Tiger Cruise with my son, Lieutenant Commander Troy Miller, who was returning from his third deployment. I was aboard the U.S.S. John

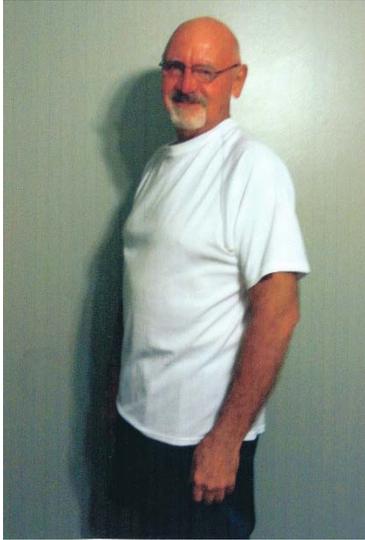


Stennis, where there were no elevators, only ladders to reach each floor. As we cruised from Honolulu to San Diego, I found myself huffing and puffing to keep up with the young men and women aboard the ship. I promised myself that when I returned from the cruise, I would start losing weight safely and get healthy again.

When I arrived home, I met with my primary care provider, Dr. Paul Blackwood at the Daytona Beach VA Outpatient Clinic. I weighed near 275 pounds, and was told that I was I facing major health issues and serious risks if I didn’t lose weight. I signed up for the MOVE!<sup>®</sup> Program that day.

At the first MOVE!<sup>®</sup> meeting, I met with two wonderful VA patient educators, R.N.’s Becky Shelley and Teresita Janiola. They and the program helped me understand and embrace the meaning of ‘lifestyle change.’ The classes educated me, encouraged me, and helped me to succeed.

Now, after losing almost 50 pounds, I feel I have so much more energy. My knees do not hurt, my cholesterol is down, and I feel much better. I hope to lose even more weight and stay healthy. Thanks Becky and Terry for all your assistance!”



*“...the program helped me understand and embrace the meaning of ‘lifestyle change’...I feel much better...I hope to lose even more weight and stay healthy.”*