



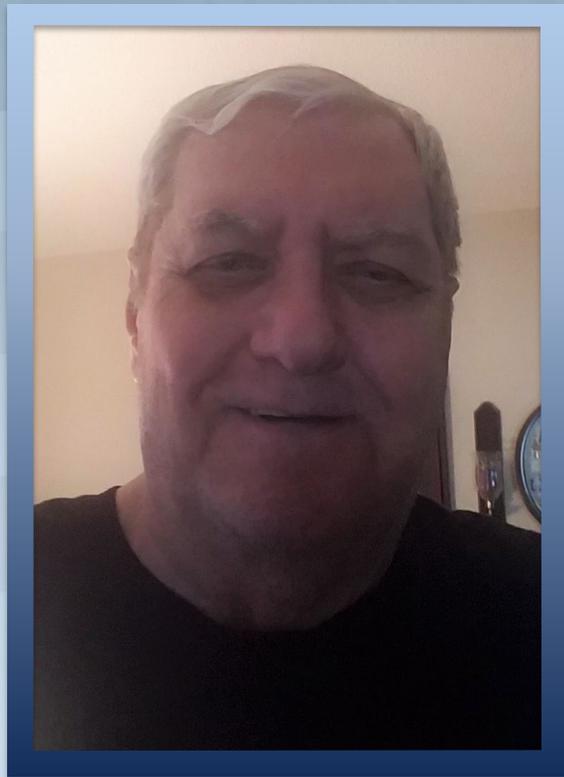
Success Stories

Healthy Living Matters. Prevention Works.

Cruising to Losing Weight and Finding Health

VETERAN DOUG MARSHALL FOUND THE ENCOURAGEMENT AND TOOLS HE NEEDED TO LOSE MORE THAN 40 POUNDS AND IS KEEPING IT OFF.

Worried about gaining weight while on a cruise, Doug was pleasantly surprised to have lost 2 pounds! He credits this to his MOVE! Weight Management Program experience at the Goose Creek, SC, Community Based Outpatient Clinic.



Time to Get Going

"In January 2019, I weighed 311 pounds. As a former smoker, heart bypass recipient and Type II diabetic, I knew this was an unhealthy weight. Together with my spouse, I started a SlimFast diet program. As I began losing weight, I realized I needed professional help and sought this help from nutritionist Tina Lybrand at the Goose Creek, SC, CBOC. Tina introduced me to the MyFitnessPal app to monitor my calorie and carb intake. Initially, I started with 2,100 calories, in addition to exercising on a stationary bicycle and walking."

Encouragement to Keep Going

"Ms. Lybrand encouraged me to transition from diet products to "food." Each month I underwent a "weigh-in" and had an appointment with the MOVE! Program...I continued to lose weight. Comments by my family and friends about being able to see the weight fall off have encouraged me to keep going. In July 2019, I weighed 276.5 pounds, a loss of 34.5 pounds, so I reduced my calorie intake to 1,700 calories per day. In late August/early September, my spouse and I went on a 7-day cruise. I expected to gain weight during this vacation because of the food. Much to my amazement, as a result of learning to monitor my calorie intake, I lost two pounds. At my visit on October 31, 2019, I weighed 265.8, a total loss of 45.2 pounds, so far!"

Life Changing And Still Going

Doug says that it has been life changing for him to see the reduction in insulin needed to maintain his blood sugar at a healthy level. After losing four inches around his waist he does not feel winded anymore when walking. Doug intends to continue walking at least 10,000 steps per day while also maintaining his 1,700 calorie/day meal plan. With success like this, Who knows? There may be another cruise in his future!

“The MOVE! Program teaches you how to eat healthier and exercise while encouraging you to lose weight. As you lose weight, you feel healthier and have more energy to do the things you like to do.”

– Doug Marshall

