



Success Stories

Healthy Living Matters. Prevention Works.

It Will Never Happen To Me

AFTER RETIREMENT VETERAN ELWIN MARRIOTT NEVER DREAMED HE WOULD DEVELOP HEALTH PROBLEMS DESPITE BEING OVERWEIGHT.

With the help of his Fort Worth, TX, Outpatient Clinic MOVE! Team, Elwin faced his weight problem and went to work to improve his health.

Increasing Weight and Health Risks

Elwin Marriott describes how his weight became a problem. "I had been struggling with my weight since my first shore duty assignment in 1995. When I retired in 2011, I was not exactly 'in shape.' I was round, which is technically a shape, but my health was good. Over that period of 16 years I tried many types of weight loss diets and fads. As time went on I began to have health problems which, I never thought I would have and I never thought would affect me." Elwin developed high blood pressure, high cholesterol, and type 2 diabetes. His weight rose to 360 pounds. He says, "I felt horrible! My back was hurting more and I started having knee and ankle problems. I had to start shopping at the big and tall shops, then eventually online for pants and shirts. This quickly got out of hand and I didn't even realize it."



Meeting the Challenges

During a primary care appointment with Dr. Liu at the Fort Worth, TX, Outpatient Clinic, Elwin was referred to the MOVE! Weight Management Program for Veterans to begin his weight loss journey.

Elwin recalls, "Even while I was in the MOVE! classes I had gained weight." Due to plumbing issues in his kitchen, Elwin and his wife found themselves eating out frequently. "With eating out, we didn't really think about what we were eating. There are fats, cholesterol, sugars and preservatives that aren't taken into consideration. The occasional night out is OK, but during the dieting process you still need to be vigilant. As the class progressed, I found myself weighing more than when I went in, but I continued, just the same." Elwin credits his wife for being his biggest supporter through the toughest times.

Success with Perseverance

During his participation in MOVE! group sessions Elwin lost a total of 80 pounds as he prepared for bariatric surgery. He stated that, "Compared to other programs I've tried...the MOVE! Program actually works." He then lost another 55 pounds after surgery. Elwin says that he has gained a small bit of weight as he adjusts to changes including the addition of new exercise routines. But most importantly, his blood pressure issues are gone, his cholesterol levels have normalized and he no longer has diabetes. "I'm taking less medication, I'm not having to shop online for clothing...I even had to go to the thrift store because my weight dropped so fast. I've almost met my goal weight of 215 pounds, losing 135 pounds and 17 sizes and I have been at a healthy weight for over a year now!"

“Try it! Keep with it even though it's rough. It will get you into a regular schedule and teach you how to eat properly.”

– Elwin Marriott



What Helps

Elwin shares, "I have become a hobby artisan blacksmith to keep moving. Portion control helps A LOT! I continue to weigh myself every morning. My life has changed for the better and I'm feeling better than ever. I really wish I had made this decision earlier."