



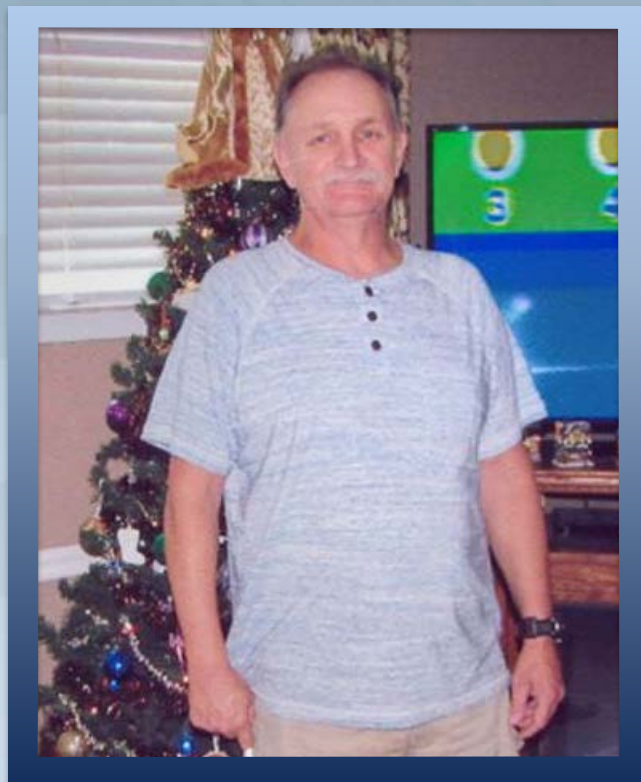
Success Stories

Healthy Living Matters. Prevention Works.

Stop smoking AND lose weight? Yes you can!

...AND VETERAN FLOYD WHITFIELD PROVES IT!

After a frightening emergency room trip, Floyd decided it was time to both lose weight and quit smoking. Floyd chose the MOVE! Program for his weight and lost over 80 pounds overall. And yes, he's kept the weight off even after quitting smoking!



What motivated you to choose MOVE!?

"I weighed 270 pounds and had indigestion every day. I even vomited in my sleep. On Christmas morning in 2015, I woke up in severe pain and went to the hospital. I later passed a kidney stone.

"While in the ER, they asked if I was a Veteran. They told me about the VA clinic and recommended I follow up there. At the Daytona Beach VA clinic, I met Dr. Blackwood, who asked if I would like to lose weight and quit smoking. I decided to join the MOVE! and TeleMOVE! Programs."

What happened when you started MOVE!?

“By the time I started MOVE!, I had managed to lose 27 pounds. But MOVE! was very interesting. Every class was so informative that we kept it up and enjoyed it.”

What helped you reach your goals?

“Since they allowed us to bring a guest to the MOVE! classes, my partner came as well. It made it so much easier and more successful for me. Terry and Becky from the MOVE! Program in Daytona are wonderful people. They helped me understand calories, portion sizes, and the importance of activity.”

What have you accomplished through MOVE!?

“My partner and I both lost weight; I lost 54 pounds (81 overall) and she lost 82. Our health has improved so much. We now walk somewhere every day and pick up trash along our walks to beautify our town. I am not taking as much medicine as before. After the MOVE! Program, I was connected to a stop-smoking program and was then able to quit smoking.

“I have kept my weight off for over 15 months now. We attend the MOVE! monthly alumni classes at the Daytona VA to keep motivated and keep the weight off. They even invite me to speak with their new groups as a motivational speaker!”

“**MOVE! is not a diet. It is a life-changing program.**”

– Floyd Whitfield

