



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Shocked into Action*

***AFTER STEPPING ON THE SCALE IN THE DAYTONA BEACH, FL, VA CLINIC, VETERAN GUY HARRISON SCREAMED WHEN HE SAW HIS WEIGHT HAD EXCEEDED 219 POUNDS!***

Guy completed MOVE! group sessions and still participates in monthly MOVE! alumni meetings. He has maintained his weight loss for 3 years, and is working on his long-term goal to reach 130 pounds.



## *Something Had to be Done!*

"I weighed 219.4 lbs. and freaked out! My new diabetes provider, Dr. Klioze, recommended a diet and suggested I join the MOVE! Weight Management Program for Veterans here at the Daytona Beach VA Clinic, which I did. She said to follow the diet and listen to the MOVE! program instructors and see what they could offer that would help me lose weight. Now, I weigh 142 lbs. A total of 77 lbs. lost. My neuropathy in my hands is better. I have more energy and a zest for life! I have gone from XXL to a medium size shirt and my pants have shrunk considerably, too. My COPD is improving and the people who knew me when I was morbidly obese do not recognize me now."

## Joining MOVE!

MOVE! was Guy's first experience with a weight management program. He said, "I enjoyed the camaraderie amongst all the Veterans in the program. I started attending MOVE! in January of 2017 and completed the program in April of 2018. I am still participating in the monthly alumni meetings. I have maintained my weight loss for 3 years now and I'm still working on my goal to weigh 130 pounds."

## Who Helped?

"There are so many people to be thankful for. Each one helped me reach my goals. My VA doctors, Dr. Klioze and Dr. Santa, the MOVE! instructors, Becky and Terry, and my friends, all helped me stay on track."

## How is Your Life Different?

"I eat healthier now. Ladies love me now. I have more energy and I take Tai-Chi and Qi Gong. I've gone from five insulin injections a day to just one before bedtime. My joints are less painful, especially my knees, and the neuropathy in my hands and feet is less severe. Losing 12 inches on my waist, I went from a size 48 to a 36. My BMI started out at 48.0 and is now 26.35. I just feel better!"

Guy is also getting exercise by biking, walking and swimming while maintaining his healthy eating habits. He says, "To remind me to keep going, I look at my old photos when I was over 219 pounds. That does it!"

“The MOVE! program works if you follow the advice and education. Don't quit!”

– Guy Quentin Harrison

