



Success Stories

Healthy Living Matters. Prevention Works.

Calories, calories, calories...

JERRY MANDLER REALIZED AFTER MANY OFFERS OF HELP WITH LOSING WEIGHT THAT HE MIGHT NOT BE ABLE TO DO IT BY HIMSELF.

When Jerry saw his dietitian, Staci El-Mernissi, at the Lake Baldwin CBOC, he knew that he would have better success losing weight with his MOVE! team's help and support.



Accepting help from his MOVE! team

"Every 6 months I have a complete physical along with lab tests to keep an eye on my Agent Orange exposure from past problems. At all of my appointments the nurses kept asking if I wanted to see someone to help lose weight. I continued to say no, I can do this myself. I thought I could, but I was wrong. I needed help and that is when I saw Staci, the dietitian at the Lake Baldwin Outpatient Clinic."

Tell us more about your MOVE! experience

Jerry explains, "When I started, one of the first things was getting my weight checked and it was 235lbs. My dietitian, Staci, explained to me the correct way to eat. I had no idea about things and how to bring my weight down. With regular appointments, I lost weight slowly, not quickly.

He adds, "I started using smaller plates, but the main thing for me was calories, calories, and calories. I counted my calories and did as much walking as possible." Jerry shared that he was surprised at his ability to count calories and increase his physical activity as much as he did. He was very clear that the positive reinforcement and motivation of the program and the MOVE! team were instrumental in his success.

What has changed for you since you started MOVE!?

"I now weigh 193 pounds which is a loss of 42 pounds since I started! I no longer take blood pressure medications. [My healthcare team is] ready to take me off cholesterol medications, along with hopefully cutting down my pain pills which hopefully I will be off shortly."

Jerry's message to his MOVE! team

"I feel so much better, look so much better. I could not do this without you, so thank you so much!"

“...through positive motivation and the program, it really was the trick. I continue to see my dietitian regularly to keep my positive motivation going!”

– Jerry Mandler