



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Determination At Its Best!*

*VETERAN LYLE (JOE) GLOVER USED MOVE! ALONG WITH HIS OWN DETERMINATION TO IMPROVE HIS HEALTH AND APPEARANCE.*

With the support and guidance of his wife and the MOVE! team at the Daytona Beach, FL, Outpatient Clinic, Joe was able to tackle weight management head on with great success!



## *Knowing a Change Was Needed*

Joe knew that his health was declining and he was not feeling confident about the way he looked. "I would bend over to tie my shoes and I would be out of breath because my stomach was so large. My wife has always been by my side to support me. She convinced me that I would feel better if I lost weight." He had also recently started taking medication for diabetes and was alerted to the increasing health risk due to his weight. He decided it was time for a change.

### *Support and Accountability*

Joe decided to start the MOVE! Program after it was recommended by Tonia, the dietitian at his VA clinic. He acknowledges his supporters by saying “With the support of the MOVE! staff (Tonia, Becky and Terry) and my wife, I learned to measure my portions, eat healthy, and weigh myself everyday, which kept me accountable. The MOVE! staff and my family helped me reach my goals. The VA staff in Daytona really cares, and the encouragement and support from my wife helped me stay on track.”

### *Reaching Goals*

At the beginning of his weight loss journey, Joe had knee surgery and weighed 238 pounds. He began MOVE! and dropped a total of 75 pounds and has maintained this for many months. In addition, Joe lost over 8 inches from his waist and exceeded his goal weight of 175 pounds by reaching 162.9 pounds. His BMI went from 36 before MOVE! to a healthy 24.

### *Best Benefit*

Joe says “My life has greatly improved. I feel so much better, look better and I have more energy. But, the best is I no longer take diabetic medication.”

“You don’t have to like it, you just have to do it. If I can do it, anyone can!!!”

–Joe Glover



### *Stubborn to Determined*

Joe’s determination replaced his initial resistance and, what he described as “stubbornness in the beginning.” After the weight started coming off he said, “I feel better and I’m glad I did it! If I can do it, anyone can!”