



Success Stories

Healthy Living Matters. Prevention Works.

Taking Charge of his Destiny and his Health

FOR JOHN DUBUC, TAKING CHARGE MEANT TAKING ADVANTAGE OF AN OPPORTUNITY TO TRY TELEMOVE! TO HELP HIM LOSE WEIGHT AND SEE HOW HE LIKED IT.

With the support and guidance of his Orlando, FL, MOVE! team, and his mom who was working on losing weight at the same time, John reached his goals and is maintaining them.

Not an Easy Fix

John Dubuc struggled with his weight for a long time. He was diagnosed with type 2 diabetes and was well aware that he could better manage it with a healthier diet. But for years this proved to be anything but an easy fix. Dieting and even a medical weight loss center yielded no success. "I was an avid junk food lover and made little room for healthy choices. As a result, I got fat. It came as no surprise because of the choices I was making. I looked in the mirror and did not like how big I became because of my own bad food choices. I was in charge of my own destiny of health."



A Great Support System

John decided to try the TeleMOVE! Weight Management Program. The support he received came from a variety of sources. In John's words, "The automated daily phone calls at the same time gave helpful information and provided motivation to keep trying. The program was inspirational to keep me moving by having to log my weight daily and track my food using a food tracking app. Ms. Augusta Onyechi, my TeleMOVE! Nurse, helped me by being readily available to talk when I needed as well as monitoring my progress and supporting me by being my cheerleader." He also received support from his family. "My Mother and I started at the same time. I would tell her about what I was gaining from the TeleMOVE! Program and she implemented portions of it into her own lifestyle eating habits."

“Try to remember what it would be like to fit into your old military uniform!”

– John Dubuc

“Stay positive! Stay focused! Stay diligent!”

– John Dubuc

Goals and Accomplishments

"I love being able to shop for smaller size clothing now. I lost 60 pounds in 8 months and I have 8 more pounds to go. I am no longer a type 2 diabetic and my A1C score went from 10.9 to 5.4. I have more energy. I camp, play piano, walk, and clean the house for my leisure activities and go to garage sales and thrift shops." John also lost 6 inches and is now walking 5 miles at least 5 times per week.

Moving Forward

John continues to work on reaching all of his goals. He says, "I continue to practice the program until this day. I like the behavioral structure. I also stay motivated by the extra energy I have. I have probably extended my life as well by following and maintaining what I have accomplished so far."