



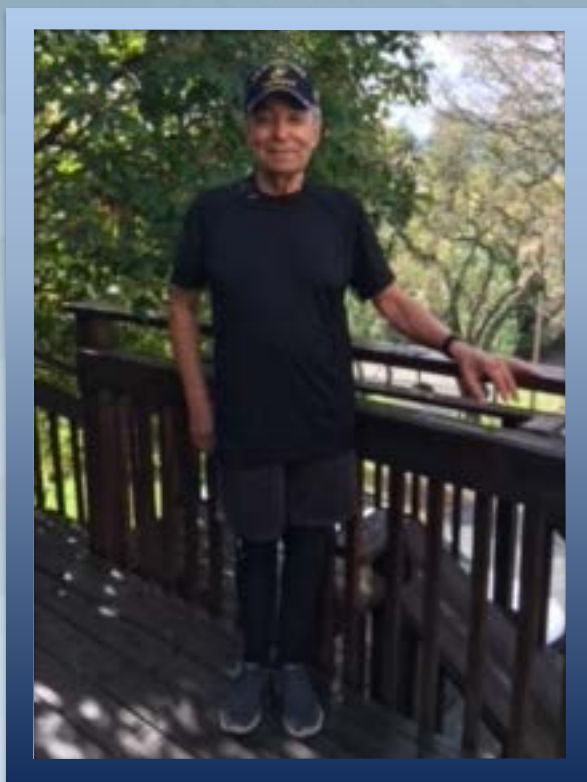
Success Stories

Healthy Living Matters. Prevention Works.

A Blast from the Past

MARINE CORPS VETERAN JOHN KELLY IS BACK TO HIS ACTIVE-DUTY WEIGHT—FROM 1957!

With the help of his dedicated MOVE! team, John overcame declining health to shed 50 pounds *and* his medications!



What motivated you to join MOVE!?

"I struggled for years with weight gain. I found [a commercial diet plan] and was successful in losing weight. But there was a lack of education and a follow-up program, so over the years my weight fluctuated. I had the desire, but I couldn't get the right formula for success.

"In January 2017, I had my yearly physical [at Fairfield Outpatient Clinic, Travis AFB]. My doctor, Dr. MacApline, was reviewing the results with me, and he mentioned matter-of-factly that I was obese. The word "obese" shocked me. He told me that there was a [MOVE!] program at Travis. I told him to sign me up."

How did MOVE! work for you?

"Amy Klotz, the nutritionist and leader, started me on an educational program that included proper nutrition, calorie counting, mindful eating, and exercise, and [provided] the support for me to be successful."

What did you accomplish through MOVE!?

"I started the program on January 24, 2017, and weighed 229 pounds. I had high blood pressure and high cholesterol, and I had [undergone] four heart ablations.

"I reached my long-term goal of 180 pounds [in mid-September]—I lost 50 pounds and 8 inches from my waist. I no longer take blood pressure and cholesterol medications. My heart doctors are elated! They're interested in how I accomplished this weight loss."

How has your life changed? What do you do now to stay healthy?

"It feels great not to be carrying around 50-plus pounds. It feels great to fit into your clothes properly without looking over your stomach and hunting for your belt. All I have to do is look at a picture I took a year ago and remember how it felt. Exercise is a 'wonder drug.' I have extended my life by years.

"My goal was huge, but not unattainable. Step by step, MOVE! works; what makes it work is your commitment."

“MOVE works. The program has the right formula for success. I have extended my life by years.”

– John Kelly



John Kelly (right) in December 1957 in Jacksonville, FL, weighing in at 180 pounds. Sixty years later, John is back to his active duty weight with the help of MOVE!