



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *This "Biggest Loser" Is a Big Winner*

*HIS ROLLER-COASTER WEIGHT AND A DIAGNOSIS OF TYPE 2 DIABETES PROMPTED NAVY VETERAN JOHN PNAIFE TO START MOVE!*

Inspired by his West Palm Beach, FL, MOVE! team, John lost over 50 pounds, becoming his MOVE! class' "biggest loser!"



### *A change in lifestyle.*

Between serving in the Navy and an active post-service career, Veteran John Pnaife spent most of his younger life in top shape. But things changed as John got a little older.

"In my 20s and 30s, my health was considered excellent," John recalls. "It wasn't until my career path changed to retail owner and realtor that a more sedentary lifestyle had a negative impact on my health. The daily routine was no longer rigorous. Each year, the office snacks and going out to lunch kept adding the pounds."

### *Getting off the roller coaster.*

It wasn't long before John's more sedentary lifestyle caused his health to decline. "My weight and health was a roller coaster, with lots of ups and downs," John said. "It was in my 50s that my doctor diagnosed me with Type 2 diabetes. The direction I was heading, I would be fighting diabetes the rest of my life."

To help him get off his health roller coaster, John's VA health care team recommended he join the West Palm Beach VAMC MOVE! Program. John started MOVE! in late August 2017.

### *John becomes the "biggest loser."*

John started attending MOVE! group sessions weekly with West Palm Beach MOVE! coordinator Angela Lee and her team. His diligence to sticking with the program soon paid off.

"I attended each class and implemented the new changes," John said, "and the weight loss started. I was the 'biggest loser' in the first 12-week program."

John wasn't ready to stop there, though: "I repeated the program and lost a total of 53 pounds." John also lost over 8 inches from his waistline, as his cover photo (above) clearly shows

“ MOVE! works... if you're willing to follow the program and get MOVING!”

– John Pnaife

### *No big secrets to success.*

John points to several straightforward lifestyle changes as the reasons for his weight-loss success. "I make better food choices and understand the different groups of food and how they affect your body," John said. "I also started walking the fitness loop at the VA Medical Center after work." John also credits his wife, Debbie, for "cooking healthier meals and keeping bad snacks out of the house." He said even the simple act of "going to class every week and not wanting to disappoint the VA staff with no progress" made a difference for him.

### *Staying on the path to health.*

John reports that he's maintained his weight loss since his final MOVE! class several months ago. His eating habits are better, and he walks three times a week. His blood sugar level is now in the normal range, as is all his other lab work. "My results are from following the MOVE! Program," John said. "Thanks to Angela Lee and her team."