

35 + 35 = 70:

Together, Veteran and Spouse Lose Weight with MOVE![®]



Veteran Ken Jordan knew that he wanted to lose weight—and he knew that MOVE![®] encourages patients' loved ones to participate. So he teamed up with his wife Brenda Battle Jordan and together, they made getting healthy a “family affair.”

Once a professional stuntman, Ken used to make death-defying leaps over speeding cars. But the Tae kwon do master and former bodyguard couldn't defend against weight gain as he aged. Over the years, Ken and his wife had accumulated extra pounds and their health was suffering.

After a “scary visit” and discussion with his physician, Ken started MOVE![®] with Brenda in July 2011. Through group care at the Flint (Michigan) CBOC of the VA Ann Arbor HCS, they've lost 35 pounds each and are feeling better. “We attended a convention recently and had lots of energy,” says Brenda. “Everyone was telling us how good we looked!”

She and Ken have shared their success story through YouTube, in part because support from others made the difference for them. “We watch our calories and walk every day,” says Ken. “Now we have a better chance at living a healthier life.”



Ken Jordan and Brenda Battle Jordan after MOVE!