



Success Stories

Healthy Living Matters. Prevention Works.

Physical Activity and Eating Wisely – Keys to Health

PARTICIPATING IN MOVE! PROVIDED THE TOOLS AND KNOWLEDGE THAT VETERAN MARK FOTI NEEDED TO LOSE WEIGHT AND IMPROVE HIS HEALTH.

In the MOVE! group sessions at his St. Petersburg, FL, clinic Mark got on track to good health with fellow Veterans who shared similar goals.



The Future Felt Bleak

In 2017, Mark was diagnosed with type 2 diabetes. Over the next 2 ½ years, he gained 75 pounds and had to increase his insulin dosage by more than double. “I was uncomfortable in my own skin, literally! During this time I came to the realization that I had diabetes. I know that sounds surprising, but for me, there was a time of non-acceptance. I was feeling emotionally down, and I saw no light at the end of the tunnel. In fact, I couldn't even see the tunnel!”

Seeing the Tunnel

During his initial visit with a VA primary care physician, Dr. Greg Smith, Mark learned about the MOVE! Weight Management Program for Veterans. He began participating to better manage his weight and received the help he needed to make dietary and physical activity changes and learned how to manage stress, too.

Light at the End of the Tunnel

While participating in the 16-week group sessions, Mark lost 32 pounds, lowered his insulin to less than 20 units/day, and no longer needed insulin prior to meals. His blood sugar readings stayed steady between 90 and 100. His waist size decreased from 50 to a “comfortable” 42. He says the accountability of the weekly sessions, being with a group of his peers, and the expert advice of his dietitian, Temple Stewart, all helped to boost his motivation to improve his health.

Goodbye to Medications

After completing the group sessions, Mark continued to lose another 12 pounds and was able to completely stop taking all of his diabetes medications. “I’m very thankful for all of the nutrition information I learned through the MOVE! Program.”

“ The sharing of similar successes, failures, the path, and the journey, works great in a group seeking the same goal: health!”

– Mark Foti

Keys to a Healthy Life

“I would have to say that while in the MOVE! Program, I acquired the tools and knowledge to get healthy. I also learned that there is no magic pill to take. Exercise and eating correctly are the keys to a healthy life. Who knew?” Mark exercises 5 days a week with a combination of strength training using weights and walking. He has chosen to limit his carbohydrate intake and tries to avoid “empty calories.” He has learned the benefits of portion control and the downfalls of overeating.