



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *“Just Start Moving More”*

*FOR PATRICK ILIFF AND HIS BATTLE CREEK, MI MOVE! TEAM, IT WAS MOVING MORE WITH MOVE! KINESIOTHERAPY (PHYSICAL ACTIVITY) CLASSES AND TELEMOVE! SUPPORT THAT HELPED HIM LOSE WEIGHT.*

Going from no exercise at all before MOVE!, to a daily routine of 90 minutes walking, push-ups, and sit-ups, Patrick achieved a 60-pound weight loss and more!



## *“I was ready.”*

Patrick Iliff had tried many different diets over a 25 year span, including everything from Atkins to prepacked meals sent to his house. But nothing worked for him. He was not able to lose weight. His weight had ultimately maxed out at 275 pounds. Then, during a visit with his primary care team, he was invited to attend a MOVE! orientation. He was finally ready, so he started MOVE!

*“It just fell into place.”*

Patrick described how helpful it was for him to have daily check-ins using his TeleMOVE! In-home messaging device. He started in January of 2018 and continued until February of 2019. “I still have a scale and weight myself every Monday morning, but I don’t submit the information anymore. I am going to try it on my own.”

*“Always there for me.”*

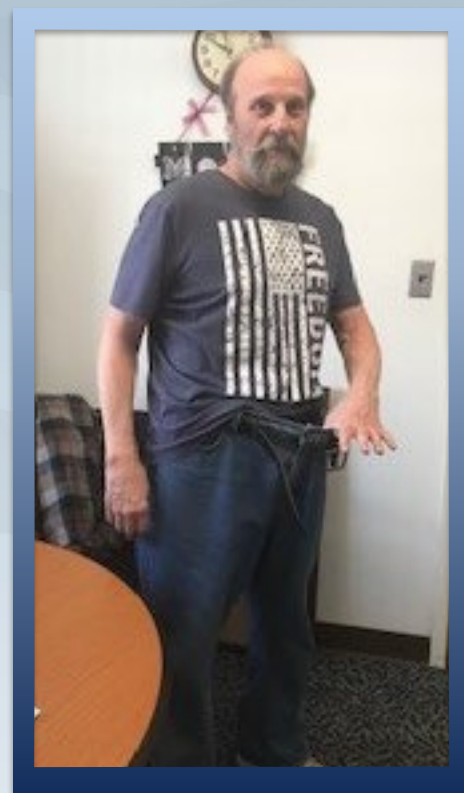
The MOVE! team was a great support for Patrick. “I didn’t always drop weight, but the next week I would eat less to lose and Susan, my nurse, was always there for me. We talked at least every month and sometimes more than that if I needed her. I went on a 2-week vacation...and gained 11 pounds. If I didn’t have the support from MOVE! I would have never gotten back on track.”

*“My daily walks are now my habit.”*

Even when the Michigan weather is cold, Patrick has a plan for getting in his daily walking. “I have figured out how to walk the stairs in my apartment building to make it happen!” He also does wall push-ups and sit-ups every day.

“If I can get off my butt and do this, everyone can do it!”

– Patrick Iliff



*“My next goal...”*

“...is to quit smoking, but I knew I needed the weight off first.” Patrick lists as his MOVE! results: “No more diabetes, no metformin and atorvastatin, and a lot more energy!”