



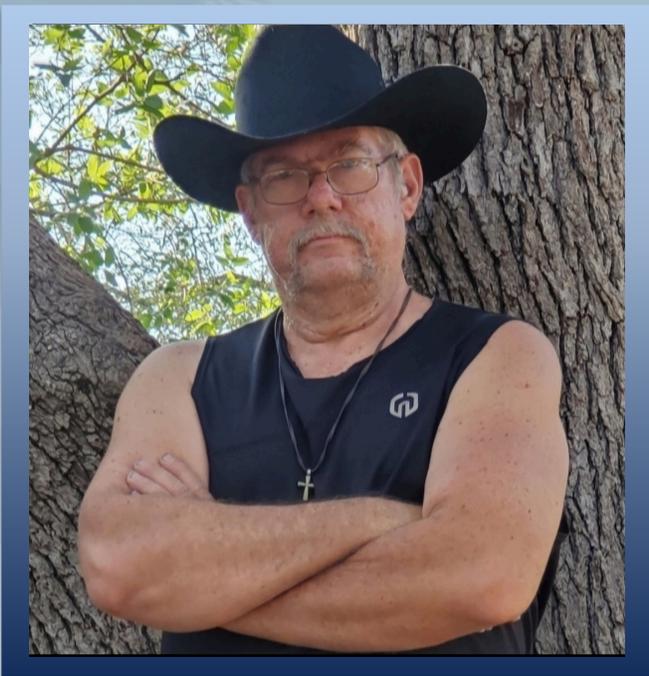
Success Stories

Healthy Living Matters. Prevention Works.

Fighting Spirit Makes the Difference

VETERAN PHILIP "DOC" JUNG TOOK CONTROL OF HIS HEALTH BY DEVELOPING A HEALTHY LIFESTYLE

With the help of the MOVE! team at the Kerrville VA Medical Center in Kerrville, TX, Doc changed his habits and experienced great success during his weight loss journey.



Enough Was Enough

Before starting the MOVE! Weight Management Program for Veterans, Doc felt "miserable" about his weight, lack of mobility, and overall health. "I couldn't move or even tie my own shoes," he recalls, and had reached a point where he'd had enough. Doc decided to change his lifestyle. He began by modifying his diet and exercising every day. He coordinated his efforts with his MOVE! team by participating in group sessions and MOVE! Coach with Care.

Help From the Team

Doc's MOVE! team helped empower him to take control of his weight and health. "It's been a great journey. Billy Green...was my health clinician and inspiration," he shares. Doc also expresses his gratitude to MOVE! Program Coordinator Cristina Elizondo and the Veterans in his MOVE! group for their support and encouragement of his weight loss efforts.

Signs of Success

Since joining MOVE!, Doc has made great strides in losing weight and improving his health. He has lost over 60 pounds so far, and reduced his waistline to 34 inches, which he says is a first since high school! Beyond these numbers, Doc's health has improved dramatically. "Not only can I tie my own shoes, but I am stronger and very much more agile," he explains. "I can run again, chop a load of wood, and even perform my old combat jiu-jitsu techniques. I plan on opening a Dojo someday to teach these skills!"

“With great gratitude for [MOVE!], ‘Doc’ is back again.”

– Philip “Doc” Jung

