



# Success Stories

Healthy Living Matters. Prevention Works.

## ***“It’s Great to Feel Healthy and Alive”***

**FLORIDA VETERAN RODNEY HAMM WASN’T SURE THE MOVE! PROGRAM WAS RIGHT FOR HIM—UNTIL HE WENT TO HIS FIRST CLASS.**

Now over 50 pounds lighter, Rodney feels like a new man, and wants other Veterans to know that MOVE! is “awesome.” Thumbs-up to you, Rodney!



### ***Why did you decide to join MOVE!?***

“I had struggled with my weight for as long as 10 years, and never tried any type of weight-loss program.

“My VA doctor in Daytona, Dr. Liquori, mentioned the MOVE! Program to me on my last appointment and explained a little bit about it. For some reason, I thought to myself, ‘Why not?’ and went to my first class in June 2017. I enjoyed it so much that I decided to commit myself 100% and go through the program.”

**“The MOVE! Program is awesome. I love everything about it.”**

– Rodney Hamm

### **Why was MOVE! so enjoyable?**

“Hearing (Daytona MOVE! team members) Becky and Terry explain what the program is all about, and the motivation they gave to the whole class, inspired me.

“I started exercising and got on board with the caloric diary, which made me start thinking about what I was putting in my mouth. It made me aware of the types of foods I was eating, the nutritional value of these foods, and the need to eat more well-balanced meals.”

### **Who helped you along your MOVE! journey?**

“There are so many people to be thankful for. I owe it to my wife, and I can’t tell you how much (MOVE! staff) Terry, Tonia, and Becky helped me through the program. They were always available to answer questions and always offered so much encouragement. Everything they taught that I thought, ‘this will not work for me,’ worked. I got the best instructors we could ever have asked for. I can’t thank them enough.”

### **What did you achieve with MOVE!?**

“I lost 52 lbs and 8½ inches on my waistline. I never thought I would lose 50 pounds or more in this program. I’m no longer insulin dependent. My A1c is now normal and so are my other labs. I eat healthier now. I exercise every day. I’ve never felt better, and I’m so grateful for this achievement.”

### **What message do you have for other Veterans?**

“I want to say to all overweight, obese, and unhealthy Veterans, join the program and please give it a try. I promise, they won’t regret it. I feel better now than I have in 10 years. It’s just great to feel healthy and alive.”

