



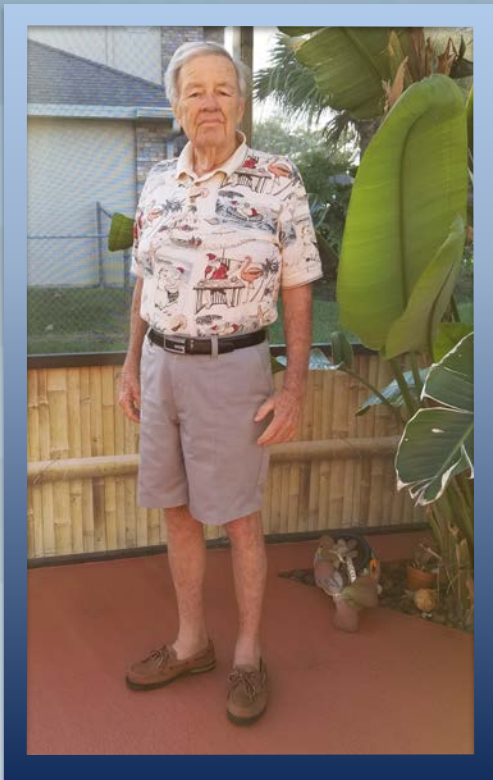
Success Stories

Healthy Living Matters. Prevention Works.

Exceeding expectations, and maintaining, even 4 years later

THOMAS DIXON HAS ACHIEVED AND MAINTAINED THE FOLLOWING SUCCESSES: 79 POUNDS LOST; 10 INCHES LESS AROUND HIS WAIST; NORMAL BMI; NO MORE INSULIN.

Four years after starting MOVE! at the Daytona Beach CBOC, Thomas Dixon is maintaining weight loss and life changes he didn't think were possible thanks to the encouragement and motivation of his MOVE! team, diabetes educator, and primary care physician.



"Once upon a time...I signed up"

Thomas Dixon tells the story of how he came to MOVE! in his own words: "Once upon a time, I was a dumb, fat, and happy 79-year-old man at around 275 lbs. I had a physical examination with Dr. Douglas and was advised in his professional opinion that I might not make it to my next physical exam, unless I lost weight and changed my eating habits. He advised me that the VA has a weight loss program run by two talented young ladies that were dedicated to their program like Drill Sergeants. In addition, my PCP requested for me to have a Diabetic clinic visit. Before I left the Clinic, I signed up for the MOVE! program and the Diabetic Clinic."

Tell us about your MOVE! experience

"I started losing weight on my first week of class with the help and guidance of Terry and Becky. As I continued losing weight, my Diabetes nurse Janet, worked to get me off my medicines and after two years I was off my blood pressure, diabetes medicine, and my insulin shots. Becky and Terry continued working with me and after two years I have lost 75 lbs. and have kept it off for another two years."

How has MOVE! changed your life?

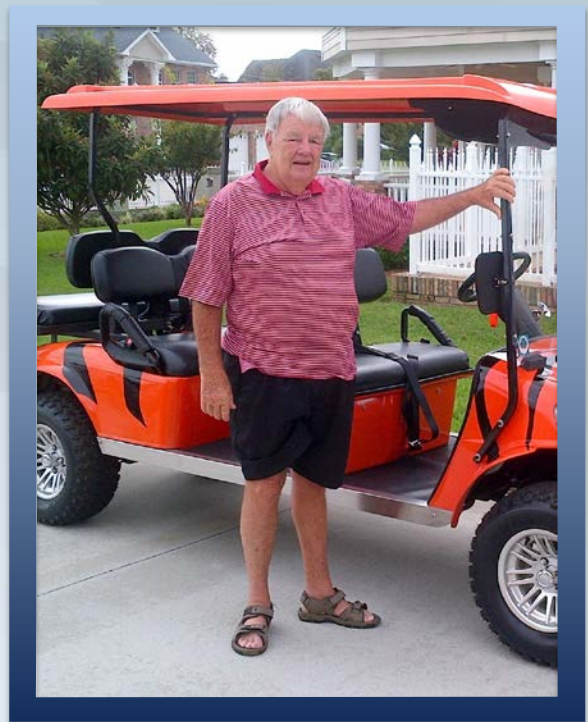
"What a dramatic change!! I feel like a new person!" Thomas' MOVE! experience resulted in a 75-pound reduction in weight, decreasing his pants size from 54 pants to 34, lowering his BMI from 34 to 24, moving his A1C from 14 to 5.9 and lowering his blood pressure from 160/100 to 120/62. As far as medications, he no longer needs insulin injections and his cholesterol medications have dramatically decreased. Another bonus...his knee pain is gone, and he doesn't snore or have gastric reflux anymore.

And what about physical activity?

"Now I can ride my bike 8 miles at least 6 days a week, lift weights and do aerobic exercises that I couldn't imagine I would be able to do at my age."

“ I didn't even think that it was possible to lose this amount of weight. [MOVE!] exceeded my expectation.”

– Thomas Dixon



"At almost 83 years old, I am doing well. I have maintained my weight loss...thanks to the MOVE! program. I recommend this program to all the Veterans. It is not just a weight reduction class but a lifestyle change. It will change your life."