



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Reducing weight and reducing health issues, too*

*VETERAN WES STREVEL MADE THE MOST OF SUPPORT FROM HIS MOVE! TEAM AND HIS FAMILY TO LOSE WEIGHT, INCREASE ACTIVITY AND IMPROVE HIS HEALTH.*

The Daytona Beach CBOC MOVE! team made it easy for Wes to attend. He had fun, enjoyed the group sessions, and no longer takes insulin and blood pressure medications after 30 years!



## *After thirty five years, he is no longer overweight*

Veteran Wes Strevell has had a long history of challenges with his weight. "I have been overweight for thirty five years, and I've been trying to lose weight off and on ... without success. My doctor at the Daytona VA, Dr. Ghade, recommended the [MOVE!] Program and when [my wife Kathy and I] went to the VA orientation, the program was mentioned again."

### *The most important thing*

Wes started his weight loss journey in November of 2017 with a MOVE! Introduction class. He joined the weekly group sessions in January of 2018. "The most important thing," Wes says, "Was the support I got from Terry and Becky [his MOVE! Team] and the daily TeleMOVE! phone calls." Once he felt comfortable where he was, Wes shifted to a maintenance program and says, "I am still actively participating in the monthly meetings."

### *"I feel like a new person!"*

When he shared this story, Wes had lost 70 pounds and a whopping 9 inches off his waistline! "I am close to my weight goal and [have] met my exercise goal. I walk daily and go to the gym two times a week. I became very aware of the bad food habits I had. The diary was critical. I really watch my calories now and look at the nutritional content. I weigh myself daily and see when I am trending in the wrong direction. Now that I have lost weight I'm not as hungry anymore. I like buying new clothes and feel I look a lot better in my clothes now. I get compliments all the time from friends and I have encouraged my Veteran friends to join the program."

**“If you fully commit, you will get great results. The support is there if you use it.”**

– Wes Strevel



### *Easy to attend MOVE! sessions*

"Terry and Becky, the MOVE! educators in Daytona, make the classes fun and enjoyable to participate in. You can tell they love their job. They make it easy to attend the classes."