



Success Stories

Healthy Living Matters. Prevention Works.

A high blood sugar reading put him on edge

CONCERNED ABOUT A RELATIVE WHO HAD DIABETES, EDWARD GRIGGS DECIDED HE WAS GOING TO CHANGE HIS PATH BY LOSING WEIGHT WITH MOVE!

After being overweight for about 15 years, Ed started attending MOVE! Group Sessions at the San Luis Obispo CBOC in February 2018.



Hiking miles to lose inches

When Ed first learned that his glucose levels were high, he became fearful that it would lead to diabetes. He decided right away to join MOVE! and discovered that consistent discipline was the key for him. It was also important to him to enjoy hiking and the outdoors. So he started walking ¼ mile every day, eventually increasing to 5 miles daily.

With his increased endurance, Ed was able to hike 9 miles carrying 20 pounds of camping gear!

Tracking Success

Ed's healthy eating and physical activity goals aligned with his values of being healthy and fit. He opted to use a nutrition app to keep track of everything he ate. He continued to attend MOVE! sessions and would advise others to "take seriously every MOVE! class session."

How is your life different now?

Since losing 60 lbs, Ed is no longer worried about diabetes! By meeting his healthy eating and physical activity goals, he was able to reduce his A1c, blood sugar, and blood pressure. Ed states he now has more energy and confidence to participate in activities he loves, like hiking, photography and exercise classes. He also shared that he is even able to enjoy food more!

Who helped you reach your goals?

Ed was supported by his MOVE! family of staff and Veterans: Shelly, Mac, Rebecca, and Kathy. They shared experiences, dieting tips, and emotional support.

“More energy...more activities...more confidence...no fear of diabetes.”

– Ed Griggs



What worked for you?

For Ed the keys were “accountability, positive environment, excellent MOVE! sessions, great structure, [and an] encouraging facilitator!”