



Success Stories

Healthy Living Matters. Prevention Works.

Setting a Goal to Walk Farther Every Day

VETERAN ESTILL McCANN WANTED TO IMPROVE HIS HEALTH. BY LOSING WEIGHT, HE DID JUST THAT!

Estill lost an impressive 181 pounds with the support of the Portsmouth, OH, CBOC MOVE! Team, his family, and other Veterans in MOVE!



Weight loss = Better health

Estill McCann struggled with his weight for years. His healthcare teams encouraged him to lose weight as a way to improve his health. He says, "Every doctor I went to told me that if I lost weight my health would get better." When he heard about the MOVE! Weight Management Program for Veterans, he decided to participate using both the TeleMOVE! and Group Sessions options of care.

Staying with the program

Estill first participated in MOVE! years ago, but he had to stop due to a family illness. He started again in May of 2017 and he is still participating today! "The program gives me information I can use and everyone encourages me. The MOVE! teacher, my wife and family, the TeleMOVE! nurse, clinic staff and the Vets in the group all help me to stay on with the program. I want other Vets to know that there is help for you with the MOVE! Program."

Racking up results

With an impressive 181-pound weight loss, Estill says he is now able to walk instead of using a power wheelchair, can drive his car again, and has even been able to help out on the family farm. He has reduced his blood pressure medications and the amount of insulin needed to manage his diabetes.

Not done yet

Even though he has had fantastic results, including no longer being dependent on his wife, Estill says he has goals to walk farther every day and continue to eat smaller portions.

“You have to make up your mind and stick with it!”

– Estill McCann

