



Success Stories

Healthy Living Matters. Prevention Works.

Persistence and Resolve Pay Off

VETERAN GLENN CAMPBELL COMMITTED TO THE LESSONS HE LEARNED IN MOVE! AND SUCCEEDED AT LOSING WEIGHT.

With the help of the MOVE! team at the Daytona Beach VA Clinic, Glenn changed his diet, began exercising regularly, and took charge of his health!

The Path to MOVE!

In 2016, Glenn and his primary care provider discussed that he was facing some health issues due to his weight and lifestyle. "Dr. Blackwood...informed me that my cholesterol [and blood pressure] were high...and that I was pre-diabetic," he recalls. He recommended that Glenn enroll in the MOVE! Weight Management Program for Veterans, but Glenn opted to try to lose weight independently first. Glenn struggled to find significant success for two years, and in 2018 decided to give MOVE! a try after all.



Establishing a Foundation

After Glenn enrolled in MOVE!, he quickly discovered that “it wasn’t the incredible weight-loss magic that [he’d been] expecting.” Instead, he explains, MOVE! team members Terry Janiola and Becky Shelley helped him by providing information and perspective on how to change his lifestyle for lasting health and weight loss results.

A Return to MOVE!

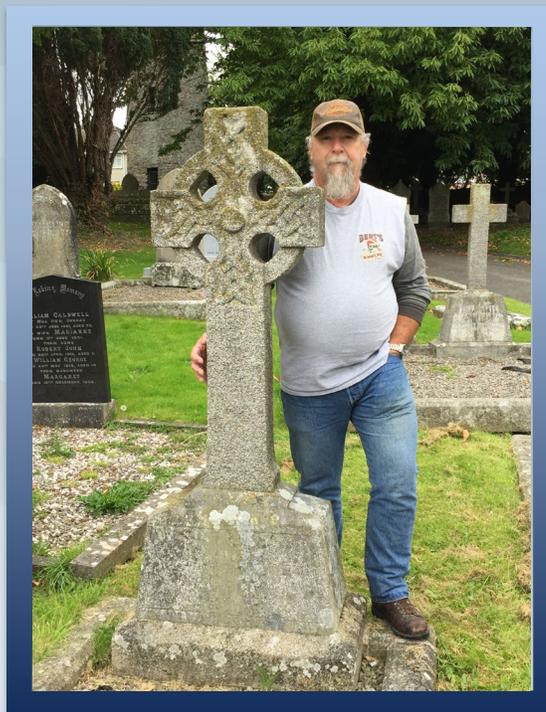
Glenn enrolled in MOVE! for a second time in January 2021 with a renewed drive to change. Since re-enrolling, Glenn has begun to weigh himself every morning and plan in advance to create healthy meals. He has also found enjoyable ways to stay active. “Since I’m retired,” he explains, “I’m afforded the luxury of time to be active in whatever pursuits appeal to me.” In addition to walking regularly, Glenn plays tennis, swims, and bodysurfs at the beach when the weather allows.

A Collective Process

For Glenn, MOVE!’s structure of peer and team support helped him stay motivated and achieve success. Fellow Veterans and MOVE! team members encouraged Glenn to keep going and stay accountable.

“The only way to truly fail at weight loss is to surrender.”

– Glenn Campbell



Lifestyle Benefits

Glenn has lost nearly 60 pounds and 11 inches from his waistline. Just as important, however, is the improvement in his overall health. His blood pressure, blood sugar levels, and cholesterol have all improved, and he no longer needs medication to manage them!