



# Success Stories

*Healthy Living Matters. Prevention Works.*

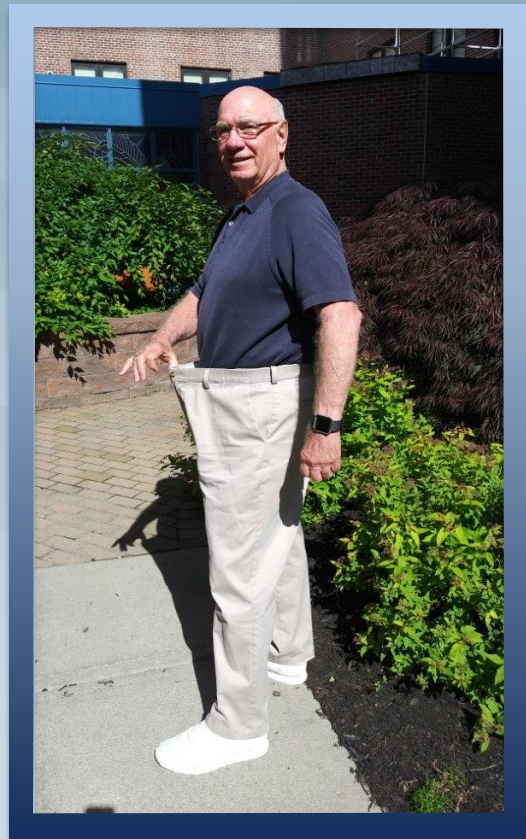
## *From Roller Coaster to Body Boarding – John’s Journey*

*JOHN HUNT STRUGGLED WITH WEIGHT FOR NEARLY 40 YEARS UNTIL HE TURNED THINGS AROUND WITH HELP FROM HIS SYRACUSE, NY MOVE! TEAM AND WHOLE HEALTH COACH.*

Now John feels healthy, has energy to spare and looks forward to more activities.

### *A 40-year Roller Coaster Ride*

Veteran John Hunt’s weight management struggles began in his 30s, when he started work as a traveling salesman. For nearly 40 years, he rode the weight “roller coaster,” ranging from 160 lbs to 240 lbs. The extra weight brought high blood pressure and cholesterol as well as diabetes. In October of 2018, he noticed difficulty walking distances and climbing stairs and decided to accept his primary care provider’s referral to the MOVE! Weight Management Program for Veterans.



### *Success in Syracuse*

John lost 38 pounds and 4 inches off his waist and found an active life. He participated in MOVE! groups and individual sessions as well as Be Active and MOVE! (BAM) and Whole Health coaching. John went from having trouble walking a mile to taking 10,000 steps a day with 60 minutes of BAM, Yoga, QiGong, Tai-Chi, swimming or Pickle Ball. Now, his blood pressure is normal and his cholesterol is "perfect."

### *Be Active and MOVE!*

At 72, John went body boarding on vacation with his grandchildren! He sees being active as key to his success and routinely participates in a range of enjoyable activities. He has one word to describe the difference in his life: "Incredible."

John plans to stay committed to his health and continue to get support from his peers with a goal of losing 12 more pounds. His advice to others? "Get moving, even if it is a very basic start."

“This is just the beginning, now that I have the energy, I will return to my hobbies of painting and carving.”

– John Hunt

