



Success Stories

Healthy Living Matters. Prevention Works.

A Second Effort

VETERAN SILVIO DI GREGORIO ACHIEVED BETTER HEALTH WITH MOVE! ON TWO SEPARATE OCCASIONS

Silvio worked with the MOVE! team at the William V. Chappell, Jr., VA OPC in Daytona Beach, FL, to develop healthy eating and physical activity habits.



A Different Method

Before starting the MOVE! Weight Management Program for Veterans in 2014, Silvio had long struggled to maintain a healthy weight. Though he'd been able to lose weight several times with different strategies, he would always regain what he had lost. When his VA provider referred him to MOVE!, Silvio recalls that he was "hopeful but skeptical" that this time would be any different. He soon realized, however, that MOVE! was different. It "wasn't about tricks, or even just weight loss, but about a lifestyle change."

Strengthened by Support

Silvio admits that when he first started MOVE!, he found the prospect of building a healthier lifestyle daunting. To his pleasant surprise, he discovered that along with his wife's encouragement at home, he could rely on his MOVE! team to motivate and support him throughout his weight loss journey. "Every step of the way they were there," he shares, providing new information and strategies to complement his efforts. The healthy eating and physical activity tips that Silvio learned helped him lose 50 pounds with MOVE!

A Return to Form

After Silvio's first success with MOVE!, he maintained his weight for several years. When he learned that extra weight led to greater complications in those with COVID-19, he became inspired to give MOVE! another try and strive for even better results. Silvio started MOVE! again and lost an additional 25 pounds, but for him progress was about more than just the number. "My VA lab work was normal for me for the first time in years," he shares, "and I got off one medication and reduced a second." There was one "new problem," though, as Silvio needed all new clothes again!

“If I can do it, you can too. MOVE! works. For your health, join MOVE!”

– Silvio Di Gregorio



Looking Forward

Silvio explains that he plans to stay committed to the healthy lifestyle that has helped him reach a healthy weight. For Silvio, "[MOVE!] is a lifetime thing" that will continue to bear fruit.