

Be Like Glenn. Set Goals to Improve Your Health.



*Glenn Keller, participant in CDC's National DPP lifestyle change program*

Glenn Keller is more than a long-haul truck driver. He's also a certified motivational speaker who encourages people to set goals and make the most out of their lives. Glenn shares these messages right from the cab of his 18-wheeler, which he sometimes calls the "Empowerment Express" in the podcasts and videos he records and posts online. Despite this, Glenn didn't always set goals for himself, especially when it came to his health. One day, Glenn's doctor told him he was morbidly obese.

"It added insult to injury," says Glenn. "I already knew it, and I knew how it was affecting me. I knew I needed to do something, and I kept putting it off."

Things might have stayed that way if not for the Healthy Trucking Association of America (HTAA), an organization that reached out to Glenn and told him about CDC's National

Diabetes Prevention Program (National DPP) lifestyle change program, a program that would teach him healthy habits to reduce his risk for developing type 2 diabetes. The representative from HTAA told Glenn that he'd be eligible for the program if he took a 1-minute [prediabetes risk test](#) and came back with a high-risk score, which he did. Hearing about the program was enough to spark Glenn's motivation to get healthy.

"I told myself I needed to pull my life together," says Glenn. "I told myself that I can do better, that I have done better."

So Glenn signed up for the program. Always on the road, Glenn participated through an app on his phone. He tracked his meals and physical activity and had access to a lifestyle coach when he had questions.

Participating in the program wasn't always easy – when Glenn first started, he wondered if he'd be able to stick with it. But he kept going and eventually became motivated by his own success after losing 35 pounds. Now he's gotten his wife involved in the program as well. He has a goal to lose 45 more pounds.

Being a part of the program has also made Glenn think differently about setting health goals, and he uses that insight when he's motivating others.

"The goal is not just to lose weight," Glenn says. "The goal is to eat properly. The goal is to set aside time for exercise. If I set those goals, the weight loss will come. The reward is better health."

This November for National Diabetes Month, you can be like Glenn. Set goals to improve your health and reduce your risk for developing type 2 diabetes. Learn more about Conemaugh Diabetes Institute, part of CDC's National DPP lifestyle change program.