



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Swimming in Success*

*THE PATH OF WEIGHT LOSS IS NOT AS STRAIGHT AS SWIMMING LAPS IN A POOL*

Navy Veteran, James R. Davis lost 114 pounds, improved blood glucose control, and gained self-confidence while participating in the MOVE! Program in Columbus, Ohio.



## *Using All His Resources*

Jim started his weight loss journey by meeting one-on-one with a dietitian in November 2015. When relationship challenges at home became a barrier to his health goals he sought additional support from his Primary Care Mental Health Integration team.

Then he started the 12-week MOVE! Group. With the support of his VA healthcare team, Jim stayed committed to his personal health plan and goals, even while managing other life challenges.

### *Jim's Key to Success*

Jim says that tracking is one key to his success. He started measuring his food and drink portions right after his first meeting with a dietitian. Then when he started MOVE! Group, he committed to logging his food and physical activity daily using a smartphone app. To make logging more fun, he started competitions with friends using the app. Jim continues to monitor his food and physical activity to maintain his weight. He stated, "My best tool is journaling. It is motivating and helps me see if I'm on track."

**“Losing weight has ups and downs and you have to stick with it.”**

– Jim Davis

### *From Student to Teacher*

A specific physical activity goal helped Jim achieve success. Jim set a personal goal to swim for two hours at least twice a week and now he swims regularly. His commitment to exercise inspired others at his gym, and now he even substitutes as an exercise instructor. Jim's weight loss has allowed him to enjoy recreational activities again, such as riding roller coasters and horseback riding.

### *Persistence Pays Off*

One year after getting involved with MOVE!, Jim had lost 55 pounds and lowered his A1c from 9.4% to 6.6%. Now three years later, he maintains blood glucose control with an A1c of 6.1% and has achieved a total weight loss of 114 pounds!