



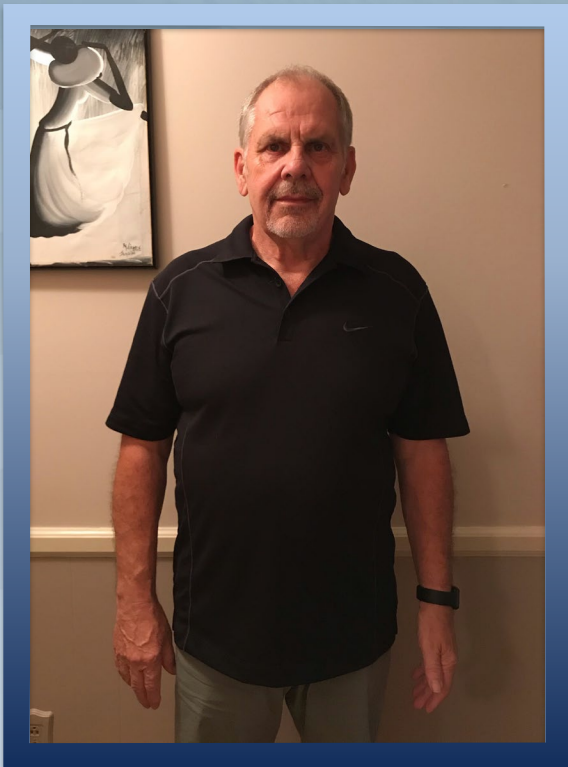
Success Stories

Healthy Living Matters. Prevention Works.

Bearing The Fruits of Change

VETERAN JAMES THOMS LEARNED TO MAKE HEALTHY CHOICES EVERY DAY AND WATCHED AS THEY ADDED UP TO WEIGHT LOSS SUCCESS AND BETTER HEALTH

With the help of the Spartanburg, SC CBOC TeleMOVE! team, James adjusted his daily habits and his lifestyle to reach his weight loss goals.



In Search of Lasting Results

Prior to participating in the MOVE! Weight Management Program for Veterans, James had often struggled to find weight loss methods that worked for him. "I...tried many different diets and weight loss ideas that didn't work, or just had short term results," he recalls. At a routine medical appointment, James' nurse told him about MOVE! and he was inspired to give it a chance. From the very beginning, "the [educational] material and support" offered by the MOVE! team set it apart from the diets James had tried in the past.

The Power of Technology

Due to pandemic restrictions, James' involvement with MOVE! was primarily through MOVE! Coach with Care, which combines self-management via a phone app with help and oversight from clinicians. James also made good use of his phone by tracking his food choices and exercise. Like so many Veterans in 2020, James took advantage of technology to stay in charge of his health.

A Broader Focus

Unlike the diets that James had tried in the past, MOVE!'s broader focus enabled him to achieve success. "With this program," he explains, "I learned to make good food choices, read food labels, and... I could see how [my] eating and activity affected my weight." Most importantly, that knowledge empowered James to make the changes necessary to reach his weight loss goals.

Finding Success

Since he joined MOVE!, James has lost over 50 pounds and four inches from his waistline. Just as important, his overall health has improved, and he says he no longer needs most of his medications!

“I can move easier...I play golf and can walk the course!”

– James Thoms



Sharing the Credit

While James is the hero of his weight loss story, he makes sure to credit his wife, daughter and MOVE! dietitian, Melissa Dimarino, for their ongoing support.