



# Success Stories

*Healthy Living Matters. Prevention Works.*

## A Recipe for Success

**VETERAN JIM MULLENDORE USED HIS EXPERIENCE IN THE HEALTHY TEACHING KITCHEN AS INSPIRATION TO TAKE COMMAND OF HIS DIET.**

With the help of the MOVE! team at the Harry S. Truman VA Medical Center in Columbia, MO, Jim expanded his culinary horizons and changed his lifestyle.



## Finding His Motivation

Jim felt compelled to do something about his weight after the death of a close friend. His doctor had advised him of several risk factors for pre-diabetes, and given Jim's past success with his VA's tobacco cessation program, he asked for a referral to the MOVE! Weight Management Program for Veterans. For Jim, the two programs had much in common: "I learned that whenever I had an urge for a cigarette, I should stop, take a deep breath, and the urge would pass. Now through MOVE!, it's the same with diet and activity." As he did with cigarettes, Jim now uses his willpower to avoid cherry turnovers!

## ***Change in the Kitchen***

Before MOVE!, Jim describes himself as the “King of the Microwave.” His experience with the Healthy Teaching Kitchen, however, helped him make great strides in cooking. “Learning simple things, like watching the teacher use a chef’s knife, really helped me improve my skills at home,” Jim recalls. Now, “I’m the only 72-year-old bachelor I know who has coriander on his spice rack!”

## ***The Comfort of Home***

Even when Jim’s in-person classes were cancelled as a result of the COVID-19 pandemic, he continued his commitment to the program and was rewarded for his effort. Jim feels that, in a way, the virtual classes that followed were “kind of a blessing...they allowed people to be in the comfort of their own [kitchen].” For Jim, the openness and interactivity of the virtual classes played a large part in maintaining the progress he had achieved through the in-person sessions.

## ***Keeping Track***

Jim cites food and activity logging as foundational to his success with MOVE! It first allowed him to understand his habits and later track his progress.

“**Information is power, and MOVE! empowers you to live a healthier, more comfortable life!**”

– **Jim Mullendore**

## ***Reaping the Benefits***

After committing to MOVE!, Jim has made great strides in many aspects of his health and overall lifestyle. In addition to building his cooking skills and losing 35 pounds, Jim notes he now stands straighter and has more pride in his appearance. His sleep, blood pressure, and overall energy have all improved, allowing him to spend more time trail walking with his dogs. Most of all, Jim’s new habits have become second nature to him, and he is enjoying life with a renewed vigor.