



Success Stories

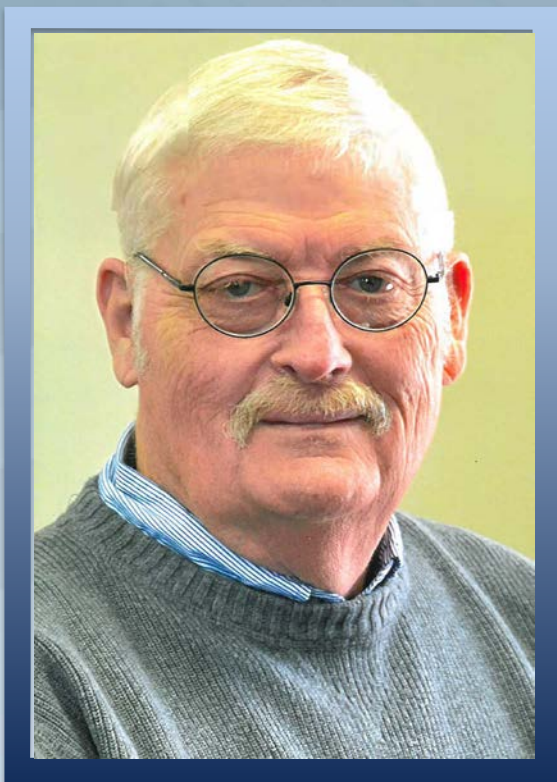
Healthy Living Matters. Prevention Works.

Getting Out of a “Hairy” Situation

JIM DAVIS’ WIFE DOESN’T LIKE FACIAL HAIR. BUT SHE MADE HIM A DEAL.

“My wife said if I lost 70 pounds, I could grow a beard,” Jim recalls. So how did he do? Well, Jim didn’t lose 70 pounds... he lost over 80 with the help of his Columbia, MO, MOVE! team!

But Jim... what about the beard?



Looking at the man in the mirror.

Army Veteran James “Jim” Davis didn’t always struggle with his weight. In fact, as Jim recalls, through his 30s he was “skinny.” Even in his 40s, Jim took up running and got in great shape, even running four marathons. But relationship problems caused him to drop out of running, and generally stop physical activity altogether. That’s when the weight starting piling on. Jim eventually weighed nearly 300 pounds.

“When I looked in the mirror, I didn’t like who was looking back,” Jim said. He told his wife he thought there was no way he could lose weight. That’s when she made the offer: lose 70 pounds, grow a beard.

Setting—and reaching—his goals.

After a friend told him about MOVE!, Jim joined the Columbia MOVE! Program in May 2017. He found that the goal setting MOVE! encourages worked for him. As he puts it, Jim got “obsessive” about his weight loss.

Jim stopped drinking soda and beer, and avoided cookies and candy bars. He also started eating healthier meals, following MOVE! guidelines. But perhaps best of all, Jim rediscovered his love for exercise.

Even though he can't run anymore (“I don't want to destroy my knees”), Jim started walking. “I'd set a small distance goal, and when I reached it, I'd push myself a little more,” he said. Eventually, Jim was walking 5 miles a day. And that's not all—he has a streak going. As of this writing, Jim has walked for over 300 days in a row!

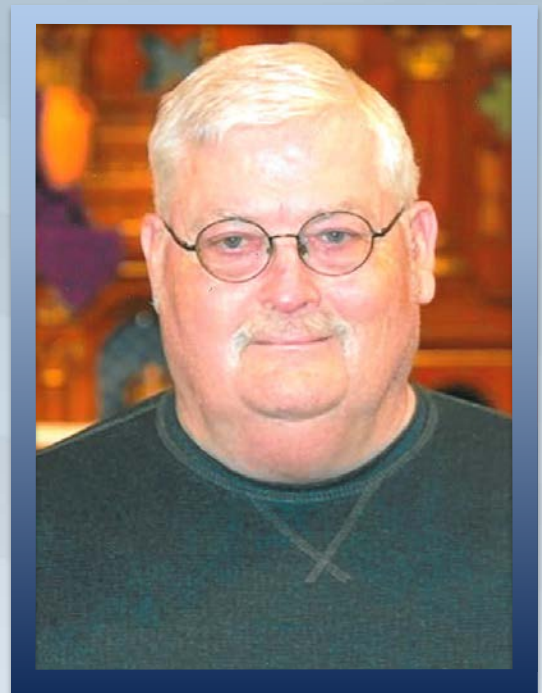
“If you want to lose the weight, you have to set goals for yourself,” Jim said. “For me, it meant setting a goal to walk every day. I prefer to walk outside, but if the weather is bad I will walk inside. I find a way to do it. I *have* to do it.”

Jim loses the weight... and more!

Since joining MOVE!, Jim has lost 82 pounds. “I am no longer carrying around four 20-pound sacks of potatoes,” he said. “I've gone from a size 42 to a 34. Since May 8, 2017, I have logged 4,409,269 steps. I lost so much weight, my wedding ring fell off. It was a \$1000 ring!”

“If you join MOVE!, you will feel so much better about yourself.”

– Jim Davis



The man in the mirror “changes his ways” with MOVE!

Jim urges all Veterans who want to lose weight to consider joining MOVE! “You can look yourself in the mirror and like what you see looking back,” he says.

And for Jim, yes, that did include a brand-new beard! But Jim, what happened to it? “I had to get rid of it. It was too scratchy.”