



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Staying Out of His Chair Helped Him Succeed***

***VETERAN JIM DOWNING LEARNED STRATEGIES THAT EMPOWERED HIM TO BUILD A HEALTHY LIFESTYLE AND BETTER MANAGE HIS WEIGHT***

Jim worked with the MOVE! team at the Eastern Oklahoma VA Health Care System in Tulsa, OK, to develop the skills he needed to take control of his health.



### ***An Effort to Change***

Jim shares that for over 20 years, he struggled to maintain a healthy weight. In time, his weight also led to other health issues. When it became clear that he would need to undergo surgery on his knee, Jim was inspired to lose weight to enhance his recovery. His provider recommended the MOVE! Weight Management Program for Veterans, and though he had little previous experience in trying to manage his weight, Jim embraced the program with the determination to change his lifestyle and improve his health.

## ***Building a Foundation***

Jim began working with his MOVE! team, and acknowledges program coordinator Andrew Wunder for providing him with the information he needed to begin building a healthier lifestyle. Jim recalls gaining a new perspective on his health, explaining that “it took a long time to put [the weight] on,” and that in the same way, he would need to be disciplined and dedicated over time to reach his weight management goals.

## ***The Measured Approach***

Jim was able to achieve great success in regulating his eating habits. In addition to being more mindful about what foods he ate and the size of his portions, Jim also made sure to track his intake of both food and water. He explains that adjusting his diet to increase his water intake was especially helpful. In addition, he found that by eating slowly he was able to identify when he was full and eat less.

## ***Hitting the Road at Home***

In addition to his new eating and drinking habits, Jim also made sure to increase his physical activity. One reliable method was his stationary bike, which allowed him to exercise from the comfort of his own home.

“ [MOVE!] is very beneficial to your health and happiness. Feel good about yourself and try it!”

– Jim Downing



## ***The Signs of Success***

Jim lost 102 pounds with MOVE!, but his achievements go beyond just the number on his scale. His mobility and fitness have improved, and he has been able to significantly decrease his medications.