



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Getting Active and Losing the Weight*

*FINDING SUCCESS BY TRACKING FOOD INTAKE AND INCREASING PHYSICAL ACTIVITY*

Veteran Jim Wilson, of the Wyoming, MI, Community Based Outpatient Clinic MOVE! Program, lost 115 pounds by counting his calories and getting more activity throughout the day!



## *Finding a Program that Works*

Veteran Jim Wilson struggled with his weight for the past 30 years. He tried numerous weight loss programs, like Weight Watchers and a low-carb diet, but nothing worked for him. Then his VA doctor suggested he attend the MOVE! Program, Jim says “the MOVE! Weight Management Program for Veterans is the first one that has worked for me. It was the best thing I did.”

### *MOVE! Participation*

In March of 2018, Jim attended the MOVE! orientation session offered at his facility. He then started attending the weekly group sessions. Jim says, "I have lost weight every month since starting the program 1½ years ago. I am still losing weight and attending monthly maintenance sessions."

### *What Works*

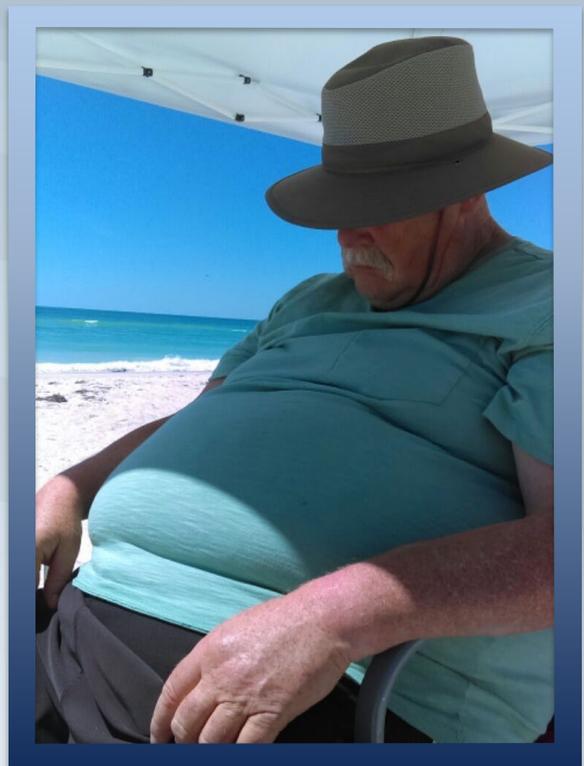
Jim found tracking his calories in a daily log, focusing on portion sizes and healthy eating, to be helpful for weight loss. He liked being able to eat all the different foods he enjoyed and counting the calories. "I will be keeping a record of my calories and my food intake for as long as it takes." He is also active every day, "I walk every day and use stretch bands while watching TV."

### *Living An Active Life*

Jim has experienced many improvements in his life after losing 115 pounds. "Things in general are easier, like walking up bleachers at my grandkids sporting events, or getting out of chairs or bed. I also sleep better." Jim says that people also treat him differently—with their looks and their attitude. "I feel better about myself." Jim also says he has reduced his medication use. "No more having to take blood pressure meds!"

“I knew I never wanted to be huge like this. Being active is my lifestyle now.”

– Jim Wilson



### *Message To Veterans*

Jim wants other Veterans to know, "The MOVE! Program works!"