



Success Stories

Healthy Living Matters. Prevention Works.

Diary of a MOVE! Man

NAVY VETERAN JIMMY SMITH FOUND HE NEEDED A LITTLE "ACCOUNTING" TO HELP HIM LOSE WEIGHT.

That's when Jimmy started a daily nutrition diary and began using an activity tracker. Motivated by these new tools—and by his VA MOVE! team—Jimmy has lost over 50 pounds and is off his diabetes medication!



Getting motivated to MOVE!

Jimmy Smith, a Navy Veteran who was stationed in Pearl Harbor, has tried to stay active and fit throughout his life. But in 2013, Jimmy decided he needed some help to manage his weight. That's when he sought out the MOVE! team at the WJB Dorn VA Medical Center in Columbia, SC. Jimmy soon began attending weekly MOVE! group sessions.

While Jimmy had some early success in MOVE!, he was diagnosed with type 2 diabetes in January 2017. Jimmy's VA primary care doctor prescribed medication to treat his condition. She told him that being more active would help as well.

Tracking his success.

While he continued with MOVE!, Jimmy also started sessions at the Dorn Diabetes Center of Excellence in May 2017. It was around this time that Jimmy began using a daily food and activity diary—a key to his success.

Inspired by his instructors at the Diabetes Center, as well as by MOVE! coordinator Jessica Dillard, Jimmy began faithfully recording his daily mood, weight, total calorie intake, and exercise. Soon after, Jimmy also began wearing an activity-tracking watch to help him monitor and record his physical activity.

Just what the doctor ordered.

This daily tracking routine was just what Jimmy needed to start making big progress. He's now lost over 52 pounds! He no longer needs medication to control his blood sugars. And to top it off, Jimmy's weight loss even helped him avoid surgery.

"I was scheduled for right toe surgery in August 2017 due to pain in my big toe," Jimmy explains. "The pain eased prior to the surgery date, which allowed me to resume exercising. The pain then disappeared altogether, and my operation was cancelled!"

Committed to staying fit.

Jimmy continues to be active in MOVE!—and simply *active*, period. "I walk the mall, deliver Meals on Wheels, and most of all... WORK OUT and eat healthy," Jimmy said. And by "work out," he's not kidding: Between

“Attend a MOVE! class, be positive, and take it seriously.”

– Jimmy Smith



walking and exercising at the gym, Jimmy is now up to 10 hours of workout time every week! And he still records it all in his diary—every single day.

How does he stay so motivated? "I never want to be on medicine for diabetes [again]," Jimmy said. "Exercising and eating healthier is a great way to stay off medications and stay healthy." Very true! But his MOVE! team also credits, as they put it, the "pure commitment" Jimmy has to his health!