



# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Dedication to Complete his Mission***

***VETERAN JOSHUA BUSH PUSHED THROUGH AND BLEW HIS WEIGHT LOSS GOALS OUT OF THE WATER.***

With the help of the TeleMOVE! team at the WJB Dorn VA Medical Center in Columbia, SC, Joshua developed a new lifestyle that has him feeling healthier and happier.



## ***Finding the Right Strategy***

Joshua faced struggles with his weight after his discharge from the Army in 2006. He “tried almost everything, from medication and other weight loss programs...to fads and miracle cures on the internet” in order to lose weight. For Joshua, any “success I may have had...was always just temporary with no real lifestyle changes.” In spite of this, he maintained his commitment to change. When his primary care team suggested he try the MOVE! Weight Management Program for Veterans, Joshua decided to give it his best shot.

## Answering the Call

When Joshua began the TeleMOVE! program in September 2020, he wasn't sure if he would be able to change his eating and exercise habits. "I knew I had to lose weight," he explains, "to maximize my mental, physical...[and] emotional health." With the support of his MOVE! dietitian, Deborah Zippel, his doubts began to fade away. Joshua says she provided the education, support and accountability he needed to succeed and "complete [his] mission." He explains that with her help, as well as all the other support and resources from MOVE!, he "blew [his initial] hopes and expectations...out of the water!"

## Building New Habits

Joshua completed his TeleMOVE! experience in February 2021, but he has taken what he learned to heart. He now exercises five times per week and prefers to eat healthier foods, rather than viewing his new diet as a sacrifice.

## Reaping the Rewards

Joshua has already lost over 60 pounds and feels his success in all aspects of life. His motivation and desire to improve have grown significantly, and he has greater "self-confidence, energy, and an improved self-image!" He has met his self-imposed goals for fitness and continues to strive to improve his jogging pace!

**“I have surprised myself and feel wonderful. What do you have to lose? Take a chance and you may just surprise yourself also.”**

**– Joshua Bush**

