



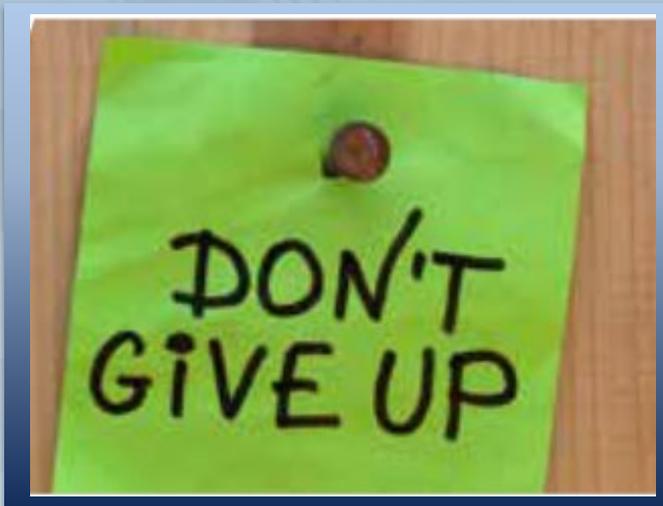
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Teamwork, Technology, and Tenacity***

***VETERAN THOMAS JIMISON TURNED LOSSES INTO GAINS BY LOSING WEIGHT AND GAINING ENERGY, ACTIVITY, HEALTH AND HAPPINESS.***

With the support and assistance of the Lubbock, TX CBOC MOVE! team, MOVE! group members, and his wife, Thomas set a goal to reverse his diagnosis of prediabetes.



## ***Tenacity to Tackle the Task***

During a routine appointment with his Lubbock, TX CBOC healthcare team, a discussion about his weight and his health inspired Thomas Jimison to participate in the MOVE! Weight Management Program for Veterans. At first, Thomas explains, he struggled to absorb the support and information provided during his months in MOVE! He continued to gain weight and experience other health issues. After reviewing his medical records and learning that he had been diagnosed with prediabetes, however, Thomas realized it was time to take action and make a change that he could maintain.

## Teamwork and Teams

Thomas took advantage of the support from his VA teams to develop lifestyle changes that truly made a difference. He shares how his Lubbock CBOC MOVE! Team, the MOVE! group participants, and his wife were all invaluable in his success. "My wife makes healthy meals throughout the week, takes walks with me daily, encouraged me to join the gym, and is my main motivator," he explains. "MOVE! provides great support weekly, and I have an amazing dietitian that coordinates the program."

## Technology to Track

Thomas developed a structure for planning his meals, avoiding sugary beverages, and tracking his calories. "Using a smart watch helps with reminding me to keep moving throughout the day and to reach my goal of getting 10,000 steps," he shares. Thomas also learned about food labels and how best to use them to continue to eat wisely.

## Losses into Gains

Weight loss and the loss of a prediabetes diagnosis have produced gains in Thomas' health and happiness. "I've been maintaining my weight loss for four months, which is probably the longest I have ever gone with managing my weight."

**“I decided to make lifestyle changes and reverse the diagnosis of prediabetes.”**

– Thomas Jimison

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (82g)</b>
Amount per serving	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Reflecting on his Results

Regarding his MOVE! experience, Thomas says, "The program works! It is about making a lifestyle change...I feel better these days. I have a lot more energy throughout the day, [and] I am happy that my clothes fit again."