



Success Stories

Healthy Living Matters. Prevention Works.

A Major Change for the Better

VETERAN WALKER BOUSMAN CHANGED HIS LIFESTYLE AND ACHIEVED HIS GOALS OF WEIGHT LOSS AND BETTER HEALTH.

With the help of the MOVE! team at the Columbia, SC VA Health Care System, Walker developed new dietary and exercise habits that helped him take charge of his weight.



A Kick in the Pants

After he was diagnosed with Type 2 diabetes in 2020, Walker and his VA provider agreed that it was time for Walker to change his lifestyle. "I got a good talking to," Walker jokes. His provider referred him to the MOVE! Weight Management Program for Veterans, where he connected with Melissa DiMarino, his MOVE! dietitian. "I made a total lifestyle change with the program and with [Melissa's] encouragement," he shares.

The Home Team

While Walker is quick to thank his dietitian for all her support, he also credits his family with keeping him focused on his lifestyle changes. "Our family grocery shopping has changed a lot and I exercise more," he explains. Walker's wife and children helped him make healthier food choices and develop options for his exercise routine.

A Powerful Routine

For Walker, MOVE! proved effective because it allowed him to build healthy lifestyle habits without major changes to his routine. "I had a structured method to follow with monitoring and coaching by my nutrition coach," he recalls. Thanks to that structure, Walker developed healthy habits like tracking and logging food consumption as well as incorporating daily exercise to stay active

The Path Forward

Walker has achieved success with MOVE!, losing over 50 pounds so far, and he shows no signs of stopping. In addition to maintaining a healthy diet, he also strives to walk two miles each day in order to stay active. "I've been looking for different places to go," he shares, "so I can get variety and new challenges."

“ I eat a lot less, and when I do I really focus on what I'm eating.”

– Walker Bousman



Achieving Better Health

In addition to his weight loss, Walker has also seen his overall health improve significantly. He now experiences less hip pain and has reduced his diabetes medication by 75%!