



Success Stories

Healthy Living Matters. Prevention Works.

Feeling Good, Feeling Alive

VETERAN LARRY FARRELL EXPLAINS HOW TELEMOVE! PROVIDED THE SUPPORT AND GUIDANCE HE NEEDED TO LOSE 127 POUNDS

When Larry's doctor told him that he was morbidly obese, he finally realized it was time to start being 'selfish' about his health. Now winning an almost life-long weight struggle with support from TeleMOVE! and the staff at the West Palm Beach VAMC, Larry's confident he'll look good at his upcoming wedding and be around for his grandchildren.



What made you start TeleMOVE!?

"I struggled with weight for 59 out of my 69 years of life! So me, myself, and I decided to lose weight in a sensible, healthy way. My driving force is that I want to live my life and see my grandkids graduate from college. I've realized I need to be responsible for and to myself to do that."

How did you find out about TeleMOVE!?

"Last year, my doctor sat me down and asked me about my weight. I told her I was trying to lose weight. When she said I was morbidly obese, I didn't like it, at all. She told me about the TeleMOVE! Program and I said, 'I'm in, I'll take it!' In August 2015, I started TeleMOVE! at the West Palm Beach VAMC, and I haven't looked back since!"

What about TeleMOVE! worked for you?

"Weighing in daily, recording my food logs, and sending them to my TeleMOVE! Coordinator, Maria. She reviewed them and let me know when I needed to change what I was eating. I now look at ingredients—if there are 3 ingredients I don't know in the food, I choose something else. I opt for natural and whole foods, and don't buy pre-made or frozen meals that are loaded with salt and chemicals. I don't deprive myself, but I work hard to eat healthy."

Has TeleMOVE! improved your health?

"Yes. My arthritis has decreased and I'm moving around more easily. My blood pressure and blood sugar have improved. My doctor just decreased the medication I need related to my weight."

How do you keep the weight off?

"Five days a week, I use the spin bike, elliptical machine, or pool. These days, I lift weights to tone up, not bulk up. I've been working at weight loss for 1-2 years, and I've lost 127 pounds, but I aim to drop 40-50 more to get to my fighting weight. I'm getting married soon, so I want to look good! "



“ I feel alive...I feel GOOD! I don't feel fat anymore.”

– Larry Farrell

How is your life different after the weight loss?

"I feel alive, and I feel GOOD! I don't wear Velcro shoes anymore—I can tie my shoelaces. I don't feel 'fat' and no longer reward myself with food. I'm now a size-40 pants, down from a size 56. I've also vowed to not go back to an XL shirt. I'm more selfish in a positive way, and I know I'm moving in the right direction. I'm also saving money."

Who helped you lose the weight?

"First and foremost, me. I learned throughout this process to take care of myself first. I also appreciated the support of Maria, my best friend and bride-to-be Nancy, and my family, who continue to support me. During this time, I've also re-found my faith and give praise to God."

What would you tell other Veterans about TeleMOVE!?

"Don't wait any longer, start now! TeleMOVE! is well designed, and you'll have strongly supportive, extremely knowledgeable VA staff to guide you. A journey of a thousand miles begins with one step. Never get discouraged, just do it!"