



# Success Stories

*Healthy Living Matters. Prevention Works.*

## Set Up to Succeed

### **VETERAN JAMES TALLMAN DISCUSSES HOW HE LOST 43 POUNDS AND REGAINED HIS HEALTH THROUGH THE TELEMOVE! PROGRAM**

Motivated by family and health, James reluctantly started the TeleMOVE! Program at the suggestion of his VA doctor. He was convinced it wouldn't work, but soon realized he was wrong: the program gave him the structure, tools, and support he needed to succeed where he had so often failed. Now lighter, leaner, and feeling great, James has the new-found energy to stay active and keep up with his grandchildren.

**“After leaving the service, I really started to put on weight...I needed to lose weight or I was headed for major problems.”**

#### **Why did you start TeleMOVE!?**

“Except for my time in high school and the Army when I was active, I struggled with weight most of my life. After leaving the service, I really started to put on weight. I tried some exercise and diet programs, but nothing worked. Three things motivated me to try TeleMOVE!: my health, my wife, and my grandchildren. My VA doctors told me I needed to lose weight or I was headed for major problems. My wife has health issues and needs my support, and I want to have the energy to do the activities my grandkids do.”

#### **How did you find out about the program?**

“My physician suggested it to me during a visit to the Fitchburg (MA) OPC. I started the program there in October 2015, and have participated for almost six months as of March 2016.

### ***How did TeleMOVE! work for you?***

"It worked because of the way it was structured. The manual outlined each step to guide you on a path to success. With the manual and computer at home, I could set my own pace. What makes TeleMOVE! different from other programs is the tools provided and the support from the MOVE! team. I also had a strong will to make this work."

### ***Have you met your health and weight goals?***

"I've lost 43 pounds as of March, and 4 inches off my waist! So I've exceeded my original goal of losing 20 pounds and 2 inches from my waist. I've also surpassed my exercise goal: I'm doing 7 hours a week of exercise, up from 4 hours a week when I started."

### ***How do you keep the weight off now?***

"I walk everyday—outside or on a treadmill, for at least 3 miles. I belong to the YMCA, where I use the various fitness machines. I've changed my eating habits to healthy foods with small portions. I try to eat 4-5 meals a day. One of the hardest things for me to do was to slow down when eating and enjoy every bite. I feel good now and don't want to gain the weight back—and that keeps me moving."

**"The program is set up for you to succeed."**

**– James Tallman**

### ***How is your life different after the weight loss?***

"I have so much more energy now. I'm able to tackle home projects, play sports with my grandkids, and help my wife with her homework. For fun, I do curling and snowshoeing, play basketball, raise chickens, and many other things. My daily life is much better. I feel great and have been able to stop taking some medications, and reduce the dose of others."

### ***Who helped you reach your weight goals?***

"I have many people to thank: my wife, family, friends, and my VA support team. These people encouraged me, made suggestions, gave me healthy recipes, and reminded me when I was eating things I shouldn't."

### ***What would you tell other Veterans about TeleMOVE!?***

"When my doctors suggested the program, I thought it would be just another diet program that would probably fail. I was definitely wrong in thinking that. The program is set up for you to succeed. If you give it a chance, you will see a positive change in your life. My advice to those in the program is an old saying: if a person doesn't have health, he has nothing."