



Success Stories

Healthy Living Matters. Prevention Works.

Making a TeleMOVE! Connection

VETERAN LEO AVERY WASN'T USED TO CARRYING AROUND EXTRA WEIGHT—SO HE DID SOMETHING ABOUT IT.

Leo learned about the Alexandria, Louisiana TeleMOVE! Program from his local Lake Charles VA clinic, and he jumped in with both feet. With MOVE!, Leo lost 30 pounds, and now weighs less than he has in years!



He's no "couch potato."

Having always lived an active lifestyle, Veteran Leo Avery's weight was never a problem for him. "I retired in 2006," Leo said. "At that time, my weight was about 184 pounds. I stayed at that weight until about 2012."

It was then that Leo began to gain weight, perhaps due to medications he was taking. "By 2016, I was over 200 pounds," Leo recalls. "Not being a 'couch potato,' I did not like being *fat*! I asked at the VA office if I could get into a weight-loss program."

MOVE! helps Leo get back on track.

The staff at his local Lake Charles, Louisiana, VA clinic pointed Leo to the TeleMOVE! Program in nearby Alexandria, coordinated by VA dietitian Candace Dodge. Leo started with the TeleMOVE! Program in May 2018.

With TeleMOVE!, Leo received daily at-home electronic messages to help him stay on track. He also talked with his Alexandria MOVE! team when he needed one-on-one help. Locally, he checked in with VA dietitian Stephanie Stanfield in Lake Charles.

With the help of these VA professionals, as well as the support of his family, Leo started to lose his extra weight. Through TeleMOVE!, Leo learned about making healthy eating and lifestyle changes. Soon, as Leo put it, his “eating habits changed.”

“I know what worked for me,” Leo said. “I think a person needs to start with doing what the MOVE! instructions say, and not ‘cheat.’”

Leo took off the extra weight—and then some!

In just a few months, Leo made it back down to his retirement weight—and then lost even more. “I dropped from 200 pounds to 170 pounds, and [I’m] trying to hold there,” he said. “But I must say, my weight keeps trying to drop *below* 170 pounds.”

“**MOVE! worked for me.**”

– Leo Avery



Feeling good and looking good.

Thanks to TeleMOVE! and to his own determination, Leo feels like his old self. “I feel good and look good,” he said. “I see my VA doctor and primary doctor too, and my bloodwork is good.” Physical activity is easier for Leo, too, as he regularly enjoys yard work and bike riding.

Leo wants other Veterans to know that MOVE! will work for them, too, but only “if the commitment is there,” he said. “The obligation is a must!”