



# Success Stories

*Healthy Living Matters. Prevention Works.*

## Enjoying the View in the Mirror

**VETERAN NATHANIEL FRIEDMAN DISCUSSES HOW TELEMOVE!® HELPED HIM LOSE 26 POUNDS AND MAKE LASTING WEIGHT AND LIFESTYLE CHANGES**

After many attempts, Nathaniel Friedman had almost given up trying to lose weight—until someone suggested the TeleMOVE! Program. He started getting on the scale daily, tracking his calories, and listening to the daily tips he received from the program. It was only a matter of time before he started setting—and achieving—new weight loss goals on the way to a healthier lifestyle. With newfound self-esteem and a stable, healthy weight, Nathaniel now encourages other Veterans to try TeleMOVE!—because it simply works!

**“ I had almost given up being able to do it...I’ve tried many ways to lose weight, and nothing really stuck.”**

– Nathaniel Friedman

### ***Describe your weight history.***

“I’ve tried many ways to lose weight, and nothing really stuck. I’d almost given up being able to do it—I was at a standstill. Two years before joining TeleMOVE!, I was approached about a weight management program. But I wasn’t able to do it because it required traveling every day for 2 weeks.”

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

“Someone later suggested it to me, so I made the call and later took a video class. I started in August 2013 at the West Palm Beach VAMC, weighing about 173 pounds. I was sent a pedometer, a blood pressure cuff, and a scale. I started weighing in each day.”

### ***Did you meet your weight goals?***

"I set an initial weight goal of 155 pounds and achieved it. Then I lowered my weight goal to 150 pounds, and then to 145 pounds. I did this several times over about 7-8 months, and met my goal each time! I've completed the program, and I'm at about 147 pounds now."

### ***What about TeleMOVE! worked for you?***

"The local MOVE! Program gave me an electronic scale for use at home. The machine talked to me every day, and it was fantastic. It gave me tips, and there was something different every day. Bottom line, I counted my calories—most of the time I was between 1,200 and 1,300."

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

"Maria, my MOVE! Coordinator at West Palm Beach, really helped me."

### ***How has your life improved with weight loss?***

"I enjoy looking at myself in the mirror now, and I think I have more self-esteem. Using Facebook has really helped motivate me and connect with other Veterans. This is the first time that I've ever made a long-term change in my weight without medication!"

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**– Nathaniel Friedman**

### ***How do you maintain a healthy weight these days?***

"I eat well, walk, and garden. Each day, I write down how many calories I've consumed—I'm at 1,400-1,500 a day now. For exercise, my wife and I walk 2-4 miles on most days. I also take care of two young grandsons, which keeps me very active!"

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

"To me, there are two things that work: getting on the scale and having someone see that number. It's also really important to track calories in versus calories out, and write it down. Because I've been successful, I would encourage other Veterans to join the program—it works!"