



# 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.”