

Worth A Try:

WHEN VETERAN LA VERNE AYERS DECIDED HE NEEDED TO “DO SOMETHING”, TELEMOVE! HELPED HIM LOSE 35 POUNDS

Why did you join the TeleMOVE! Program?

“My weight had been going up for the last couple of years, and it got difficult to do even simple things, like tie my shoes. During an appointment, my physician at the Rome (NY) CBOC of the Syracuse VAMC, Dr. Richard Sullivan, asked if I wanted to do TeleMOVE!.”

What motivated you to get started with the program?

“My wife and I used to weigh ourselves once a week and one day it just hit me: I needed to do something! In the past, I hadn’t tried any other weight management programs—I just decided to start on my own.”

When did you do the program?

“I started in January 2013, and completed three cycles of Home TeleHealth Weight Management using the Commander Flex. In October 2013, I finished.”

How did the program help you?

“The biggest thing it did was keep me aware, and being monitored helped a lot, too. I didn’t want my weight to go up—I checked it weight every day. I’ve learned to snack less, and when I do, it’s fruit, smaller amounts, and less cheese and fat. I’ve also learned to control my portion size—now, it’s one plate rather than two!”

How much weight have you lost?

“I started the program at 230.6 pounds and I’m down to 195.5 pounds—that’s a 35-pound weight loss!”

What helped you reached your goals?

“My wife and the TeleMOVE! staff were big supporters. I also set my mind to it—I knew I had to do it because I didn’t want to lose the ability to be active, and do things like fishing and boating.”



How's your life different now?

“My life is a lot better after the program! My heartburn is 100% better, for example, and I can do things now without losing my breath!”

What should other Veterans know about TeleMOVE!?

“It actually helped me, so it's worth a try. Anyone who's interested should try it!”

