

Almost There:

TELEMOVE! GIVES VETERAN WILLIAM CARPENTER THE SUPPORT TO LOSE 28 POUNDS...AND COUNTING

How did you learn about the TeleMOVE! Program?

“I went to the MOVE![®] Web site. My doctor at the Wellsville (NY) Outpatient Clinic of the Bath VAMC motivated me to get started.”

How long have you been doing the program?

“From May to October 2013, I did Telephone Lifestyle Coaching. Since then, I’ve continued on my own.”

What about the program has worked best for you?

“I really like the calls every 2 weeks. I didn’t think I would stick with it, but the coaching every 2 weeks really helped me stick with it.”

How has your health improved?

“I’ve lost 28 pounds, and 2 inches from my waist! My blood pressure is now normal. I use a food diary and log my activity, and I still have a ways to go to reach my goal of 190 pounds. But I plan to do it 15 pounds at a time, and I know I’ll get there, likely by fall of 2014!”

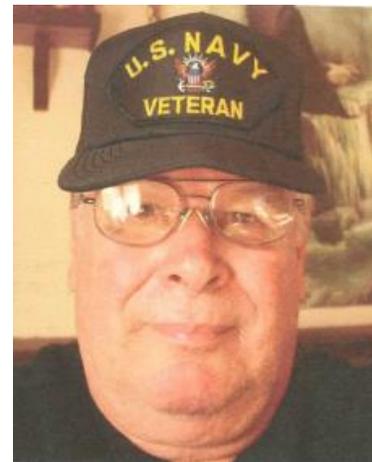
Who helped you reach your goals?

“My care coordinator, R.N. Jennifer Valvo, talked about what was in each program chapter, and worked through the physical diary with me. She was supportive and also motivated me to continue—even when I had some tough spots!”

How’s your life different now?

“It’s changed for the better. I spend time with my grandchildren, and feel better emotionally and physically. I don’t get down on myself and I sleep better.”

What would you tell other Veterans about TeleMOVE!?



“I recommend it—the staff support you and help you through it, and they give you advice when needed.”