

“100 Percent Better Off”:

INSPIRED BY HIS SISTER, VETERAN BILL ASHWORTH
LOSES 70 POUNDS THROUGH TELEMOVE![®] AND MOVE![®]



Former Marine Bill Ashworth says that his sister is his inspiration. “She was diabetic, and she really wanted me to take better care of myself,” he says. “She helped me get started with TeleMOVE![®].” When she passed away unexpectedly last summer, Bill knew he owed it to her to stay on the path to better health.

He returned his Health Buddy[®] device to the Durham (NC) VAMC in July 2011, and staff there transitioned him to MOVE![®]

group care. He had already shed some of his 304 pounds via TeleMOVE![®], but was facing some serious challenges. Bill hadn’t exercised since his discharge in 1964, and he loved to eat. “I would get a fast food dinner, and then eat a pizza in front of the TV,” he explains.

“I tell Veterans that they would be 100 percent better off if they take the weight off!”

Big Changes

Bill started group care in August 2011 and attacked his weight problem with walking and healthier eating. “I started walking 2 times a week for 15 minutes each. Now, I do almost 6 miles per day, despite having had double knee replacement,” he says. Bill also radically changed what he eats (“skinless poultry, frozen vegetables, no fried foods”) and started using a “super wave” oven and special serving plate to improve and control his diet. MOVE![®] care and these lifestyle changes worked: by September 2011, he was already down to 270 pounds!

Confidence

Earlier this year, Bill began taking orlistat to enhance his weight loss, and by April, had lost a total of 70 pounds. Bill’s cholesterol numbers and blood pressure have also improved, and on “lucky Friday the 13th” he was taken off his blood pressure and cholesterol medications. “I tell Veterans to talk to their provider and get with the program,” he says. “I still have more weight to lose, but MOVE![®] has given me the confidence to take it off and keep it off.

