



Success Stories

Healthy Living Matters. Prevention Works.

A Dramatic Change to a Healthier Life

CHESTER "CHET" HORMEL'S ANNUAL VA PHYSICAL STARTED HIM ON A JOURNEY THAT RESULTED IN A LOSS OF MORE THAN 70 POUNDS AND A HEALTHIER LIFE.

Chet had never tried to lose weight before, but he promised his doctor at the VA Clinic in Spartanburg, SC, that he would make changes...and he did!



The Change Was Dramatic

During a visit to his primary care provider, Chet learned how his weight was impacting his health and how lifestyle changes could help him live longer and give him a more vibrant future. Chet agreed to participate in the TeleMOVE! Weight Management Program and received a scale, a pedometer and a suggested meal plan. He and his wife began making better food choices and following the recommended meal plan. They started reading food labels. Gone were the refined flour, sugar and sour cream. Chet says the change was dramatic. "As I watched my weight drop, the more excited I got."

Overcoming Setbacks

Along with buying healthier foods, Chet tracked his food daily. “The TeleMOVE! program helped me in every aspect of my journey, teaching us about how I would hit plateaus and how to overcome setbacks.” One setback Chet faced was that after reaching 220 pounds his weight went back up to 229 pounds. He took action and re-enrolled in TeleMOVE! Since then he has lowered his weight to 203 pounds and continues to follow the program guides.

He Thought He Was “OK”

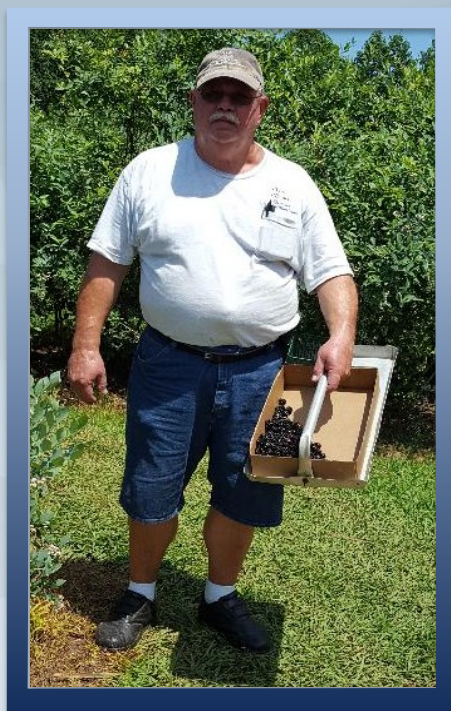
Chet says he never tried to lose weight because he thought he was “OK.” Even with his wife encouraging him to cut back, it wasn’t until his primary care provider took the time to explain the health implications of his weight that Chet got the message. After he downloaded a fitness app and started using it, he saw just how much food he was eating.

A Daily Effort

Along with teaching him how and what to eat, the MOVE! program taught him to stay active. Today he wears a fitness tracker and tries to meet a minimum of 12,500 steps per day. “I work every day and continue to monitor my weight and physical activity.”

“This lifestyle change is now permanent.”

– Chet Hormel



A Fuller Life

Chet says that he is now able to do things he was could not do at his previous weight and his weight loss has allowed him to get off his blood pressure medications. “Maintaining a healthy weight has afforded me the opportunity to live a fuller and more enjoyable life.”