



Success Stories

Healthy Living Matters. Prevention Works.

“A Healthy Lifestyle Makes You Feel SO Much Better!”

“IT IS POSSIBLE TO LOSE WEIGHT WITHOUT FEELING PRESSURED INTO DOING IT.”

After several years of hearing about the MOVE! Weight Management Program from his primary care team, Freddy Nail decided to participate with goals to lose weight and improve his blood pressure and cholesterol.



Time for Accountability

While he enjoyed exercising and maintained a high muscle mass when he was in the military, he experienced weight gain after discharge due to a stationary job and lack of accountability. “I never had anything to hold me accountable for my diet and never concerned myself with what I ate.” The TeleMOVE! program was a solution that provided motivational messages to increase physical activity, make healthy food choices, and keep Freddy accountable with daily weight checks.

Leaning on a Supportive Team

Veteran Freddy Nail started participating in TeleMOVE! through the Central Arkansas VA in January 2019. He lost 51 pounds and 8 inches and was able to cut his blood pressure medication in half.

Freddy had a supportive team. “My wife worked with me to lose weight. My mother would always check in on me, and my friend who was also wanting to lose weight supported me, too. The VA staff also held me accountable and monitored my progress.”

Return to an Active Lifestyle

“I am able to play basketball with my son and keep up with him. I have an easy time finding clothes and my blood pressure and cholesterol have improved significantly.” Freddy is now using self-monitoring techniques to successfully maintain his goal weight.

“There is a good support system in place within the TeleMOVE! program and you are not alone.”

– Freddy Nail

