



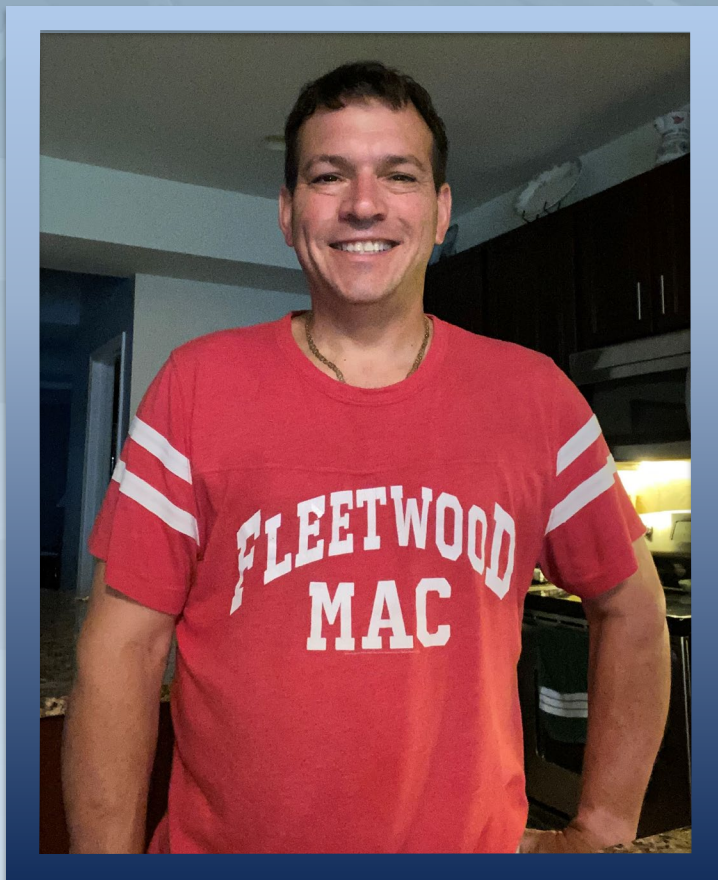
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Commitment to the Process Makes the Difference***

***VETERAN GEORGE TRONCOSO MADE USE OF DISCIPLINE TO CHANGE HIS DIET FOR GOOD AND BREAK THROUGH HIS WEIGHT LOSS PLATEAU.***

With the guidance and assistance of the TeleMOVE! team at the Wm. Jennings Bryan Dorn VA Medical Center, George took initiative and built a new lifestyle.



### ***A Decision to MOVE!***

For George, weight loss had been a struggle for decades. Cycles of weight loss and gain were marked by different diet and workout programs, and while some worked in the short term, George was not able to keep off the weight for good. "I had always thought that with age also came a little weight," George recalls, but after learning of his high cholesterol and blood pressure, "the lightbulb went off." At a nurse's suggestion, George decided to enter the TeleMOVE! program.

## ***An Old Lesson Prompts Sacrifice***

According to George, TeleMOVE! reinforced a principle he had heard “over and over and over again” during his career: “Eat more calories, you gain weight...eat less calories and exercise, you lose weight.” George took this lesson to heart, modifying his diet and exercise habits significantly. “I live in [South Carolina],” he explains, “and there is nothing more delicious than SC sweet tea. I gave up that sweet tea.”

## ***Time and Effort Bring Success***

Over his six-month participation in the TeleMOVE! program, George lost more than 30 pounds and several inches from his waistline. George credits dietician Melissa Dimarino for her help throughout the process. “She encouraged me. She is terrific!”

## ***An Ongoing Commitment***

Though George reached his initial goal, he remains dedicated to maintaining his new lifestyle. “[It isn’t] a breakfast, lunch, and dinner buffet from here on out,” he explains. George is committed to maintaining a healthy balance moving forward and living his life at a weight that “just feels great.”

“It’s a new lifestyle change...I have to continue to live and be human, but I will do my best to maintain where I am.”

– George Troncoso



## ***Activity is Key***

For George, regular exercise forms the foundation of his healthy habits. He strives to work out at least four times per week in order to stay in shape.