



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *He Got Serious About His Weight Loss*

*WHEN VETERAN PHILLIP JONES-LEDUC'S WEIGHT GOT OUT OF CONTROL, HE HAD DIFFICULTY MOVING AND IT AFFECTED HIS OVERALL HEALTH.*

With the help of the MOVE! team at the Edward Hines, Jr. VA in Hines, IL, Phillip was able to shed 15 percent of his body weight and get active again.



## *He Met Success*

Phillip says his weight became a problem in 1997 when he took a desk job. He tried other weight-loss programs, but while he would initially lose weight, that weight would return - plus more. His health was becoming an issue with high blood pressure and back pain.

This was not Phillip's first attempt with the MOVE! Weight Management Program for Veterans. He had tried previously when he was bedridden and it did not work. "I was not in a good place to commit to the program." This time he used TeleMOVE! and he began to see success.

### *Learning New Skills*

Unlike the other weight-loss programs he had tried, Phillip learned how to use the 9-inch healthy plate as a guide to portion control and practice mindful eating. “Mindfulness really resonated with me. Eating slowly, stopping before I felt full.”

### *Going From 48 to 42*

After losing 55 pounds and going from a 48 to a 42-inch waist, Phillip says he does not plan on stopping and will continue with MOVE! support groups. “I have way more energy, fewer blood pressure medications and my clothes fit better.”

### *His Support Team*

Along with support from the TeleMOVE! team and the MOVE! support group, Phillip says he gets help from his family. “My wife has been buying good food. She’s also been eating better. My son points out when I’m going off track.”

Even Phillip’s dogs are helping out. “They keep me out of the kitchen at night, otherwise they make noise.”

“If you are hesitant, try it, give it a month and be serious about it, it’s not that hard.”

– Phillip Jones-Leduc



### *His Guidelines*

Phillip has incorporated the following guidelines into his life to help him manage his weight:

- Eat better and exercise
- Follow the healthy plate method
- Keep snacking in moderation
- Avoid ice cream