



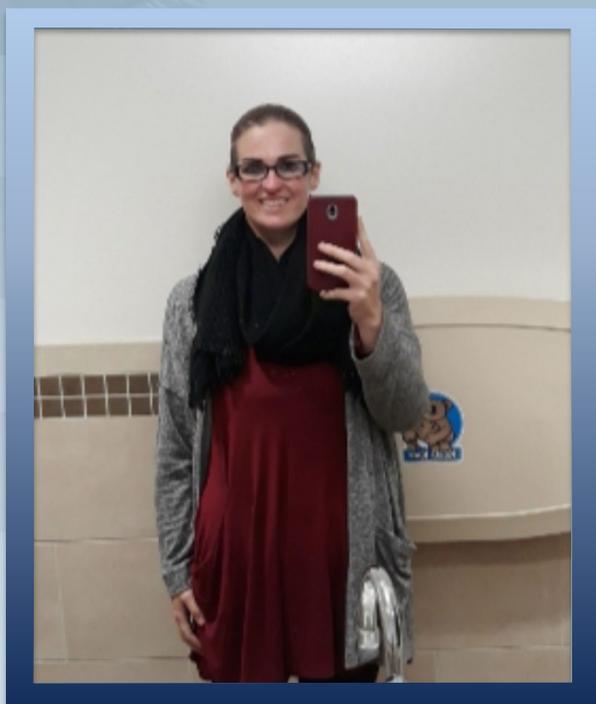
Success Stories

Healthy Living Matters. Prevention Works.

An Unexpected Drive to Change

AFTER A SERIOUS CAR CRASH, VETERAN RACHAEL HOHMANN FOUND A SILVER LINING IN A NEW MOTIVATION TO LOSE WEIGHT AND IMPROVE HER HEALTH

With the help of the TeleMOVE! team at the Temple, TX VA Clinic, Rachael developed healthy living habits and achieved dramatic success with her weight loss goals!



Inspiration to Get Serious

In 2018, Rachael was involved in a serious car crash that left her in great pain and in need of legal assistance. One lawyer offered Rachael some unexpected advice. "He took some time to talk to me about my weight," she recalls. For Rachael, this was the first time she had considered the health impacts of her weight and the consequences it had on both her and her children's lives. Soon after her meeting, she contacted her primary care provider and requested a referral to the MOVE! Weight Management Program for Veterans.

Effort Begins to Yield Success

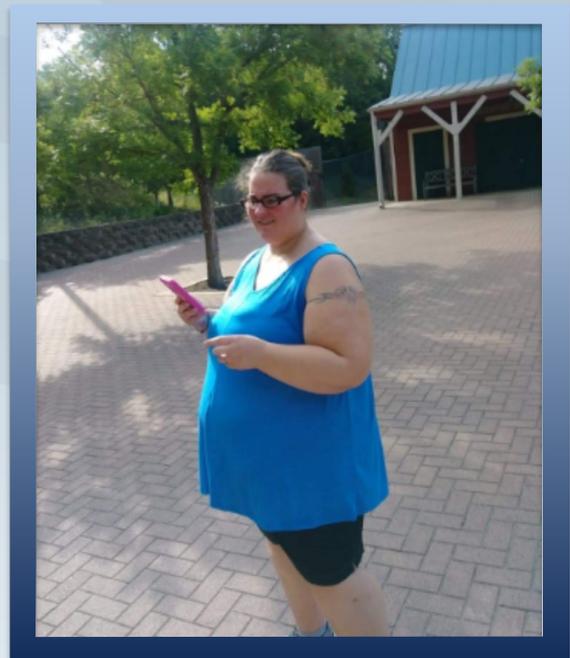
Before Rachael started the MOVE! program, she took the opportunity to make changes at home and soon reaped the rewards. "I went out and bought an exercise bike and a rowing machine," she explains. Within three months, Rachael had lost 50 pounds, and set her sights on even greater weight loss with MOVE!

Building Healthy Living Habits

As part of her weight loss efforts, Rachael opted to receive gastric sleeve surgery. To prepare for the surgery and ensure that she would be able to control her weight in the future, she adopted new eating habits. "If you aren't making good eating decisions then you will gain [the] weight back," she explains. To prevent gaining the weight back, Rachael took full advantage of MOVE!'s educational resources. For Rachael, "[the] information that they provide you is what helped the most. [The MOVE! team] empowers you to empower yourself by providing actual information and education on weight loss and nutrition." With this information, Rachael developed positive habits that have led to even greater success in her weight loss journey!

“My life is completely different now...people actually see me when they look at me, not my fat.”

– Rachael Hohmann



Surpassing All Expectations

Though her weight has fluctuated, Rachael's commitment to changing her lifestyle and her behavior has led to extraordinary results, including more than 200 pounds of weight loss!