



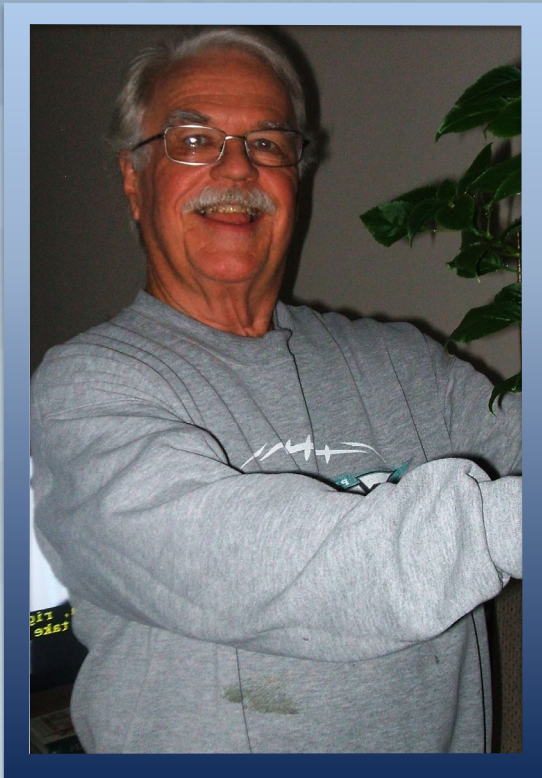
Success Stories

Healthy Living Matters. Prevention Works.

"I Take Up Much Less Space!"

VETERAN ROBERT HOLSBERGER'S VA CARE TEAM ENCOURAGED HIM TO DROP SOME WEIGHT TO BOOST HIS HEALTH.

Inspired by the staff at the Lebanon, PA, VA Medical Center, Robert lost over 60 pounds using the innovative TeleMOVE! Program—and feels great!



Encouraged to lose.

In the fall of 2017, Robert Holsberger's usual appointment with his VA care team in Lebanon, PA, had far-reaching implications. "My VA doctor encouraged me to lose weight," Robert recalls.

Fortunately, Robert had already dropped from his peak weight of 292 pounds just a few years before. But still 255 pounds, he knew he needed some help to lose more.

During that visit, Robert learned about a unique way that VA could give him that help. "I wanted to find something that worked, and TeleMOVE! was encouraged by my VA doctor," Robert said. He started with TeleMOVE! in September 2017.

TeleMOVE! works for Robert.

The TeleMOVE! Program gives Veterans an interactive way to stay on track with their weight management goals. Robert received daily MOVE! tips and reminders via in-home messaging technologies. He also spoke often with TeleMOVE! coordinator Sara Burrill.

“Sara encouraged three basic rules in TeleMOVE!” Robert said. “Write down *everything* you eat and drink. Be active every day. Weigh and log into the program daily.’ I followed these three rules and had tremendous success.”

Just how much success? “A lot!”

In only a year in TeleMOVE!, Robert dropped from 255 to 193 pounds! “I have reached my goal weight and will be discharging from the program soon,” Robert said, adding, “my blood pressure and A1c are way down.” And how many inches did Robert lose? “A lot!” he exclaimed.

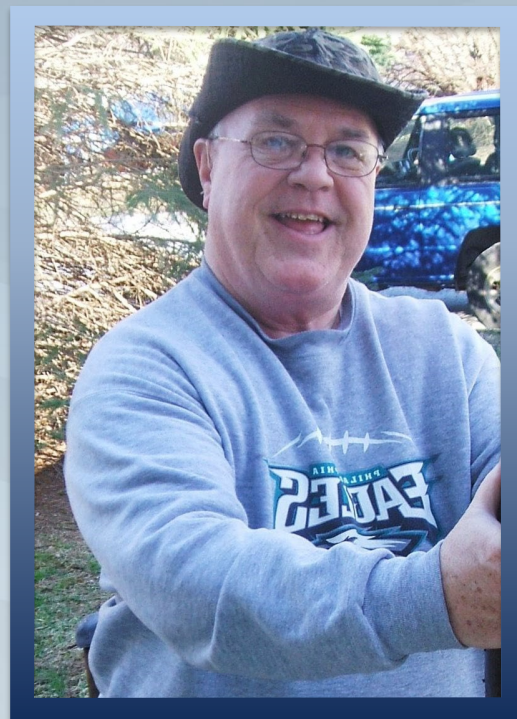
Making healthy lifestyle changes.

For Robert, physical activity is a key to keeping the weight off. “I walk every day—even in the rain or the snow!” he said. “If it is too hot or too cold to walk, I do activity within my home, using videos or online resources.”

Robert has also learned to eat healthier. “I have eliminated junk food entirely and have cut back on snacking,” he said. “I continue to log all my intake every day,” he added.

“You will lose weight!”

– Robert Holsberger



A “space-saving” achievement.

In addition to crediting his wife, Wendy, for her support, Robert is grateful to Sara Burrill and the Lebanon VA staff. “Thank you to the TeleMOVE! program for the support, specifically the ongoing encouragement, convincing me that I *can* lose weight,” Robert said. “Sara provided specific directions that I followed, but without which I believe I would have floundered.

“Because of Sara’s efforts, I feel confident—and take up much less space than I once did!”