



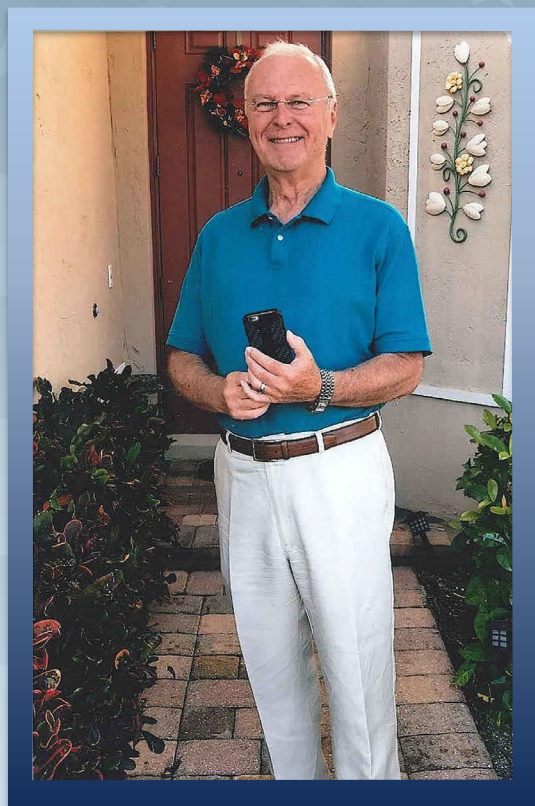
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *New wardrobe, new belt, new lifestyle!*

*VETERAN ROLAND LITTLE'S VA CARE TEAM ENCOURAGED HIM TO DROP SOME WEIGHT TO IMPROVE HIS HEALTH*

Inspired by his primary care provider during a routine physical, Roland started the West Palm Beach TeleMOVE! Program and lost 50 pounds plus 5.5 inches from his waistline.



## *Out of the "red zone"*

"For thirty-five years I had to pull up my pants whenever rising from a chair. After five paces, I would tug at my belt, again. I had no waist.

During a routine physical, my VA doctor explained politely that I was dangerously overweight. She didn't use the "O-word", but pointed out my body mass index (BMI) was 35. That's a number found in the obese zone, marked in red. My doctor recommended I join MOVE!.

My aim was to move from the hot red zone of obesity to the cool blue zone of those with "normal weight" who do not need to pull up their trousers all the time."

### *Weighing-in on TeleMOVE!*

"I convinced myself that there was merit to every morning, standing on a scale that was connected by a phone line to a dietitian who would work with me on reaching a goal. My goal was to reach a BMI value of 25, which for me, meant losing 47 pounds, which I did. I told myself that I could reach my goal in six months. It required eight because life is not perfect. Regardless, I'm in a new phase where diet and exercise are routine. My new lifestyle required a total change of wardrobe, including new belts that never slide off my waistline."

### *What about MOVE! worked for you?*

"In the past I tried diets that sacrificed carbohydrates. I learned they were full of hype. Now I eat moderately. I snack with fruits. I'm never hungry and I have energy to burn.

I believe that strict adherence to healthy eating mixed with exercise, was the key.

For exercise, I walk at night. Midway through the program, my dietitian urged me to double my walks. It worked so well, I continue the routine every evening. I limit my exercise to walking. During this entire program I never did a sit up, or push up. Hey, I don't want to snap [break] anything. Remember, I'm 75."

“My favorite part of TeleMOVE! is waiting to hear the scale announce my weight every morning at 7 o'clock. It helps me focus.”

– Roland Little

