



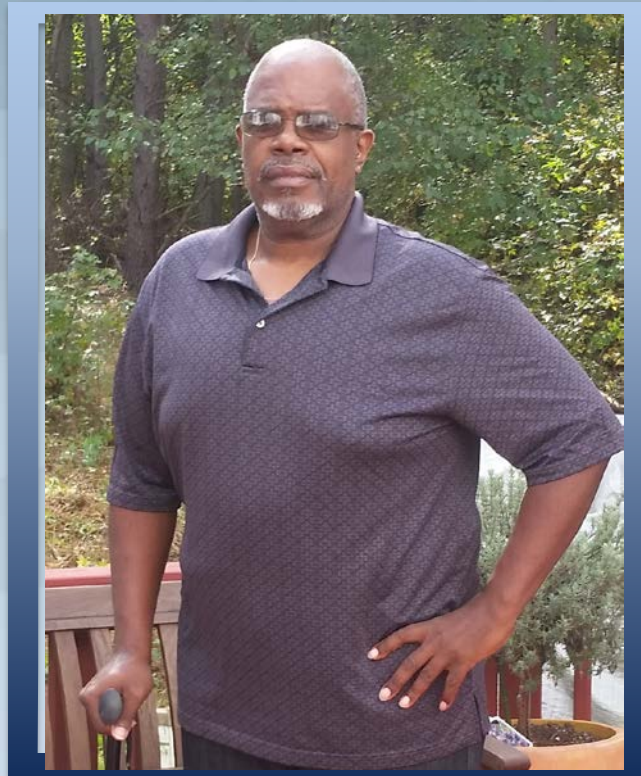
# Success Stories

*Healthy Living Matters. Prevention Works.*

## ***Focused on a Longer Life***

***TELEMOVE!, EATING WISELY, AND BEING PHYSICALLY ACTIVE FOR A LONGER LIFE.***

Charlie Twine tells us how TeleMOVE! and his team at the Washington, DC VAMC helped him focus on eating wisely and being physically active to have a longer life.



## ***Too many surgeries***

Charlie explained that he had severe back pain and spasms and needed surgery to address his lumbar spinal stenosis. He also had severe pain in both hips requiring joint replacement surgeries but there was a weight requirement based on his BMI in order to have these surgeries. Charlie had been struggling and slowly losing weight since 2010 when he had quadriceps tendon repair surgery. Gastric bypass surgery was suggested to help him lose weight more quickly, but together, Charlie and his doctor decided that this would be too many surgeries for him.

### **Success with TeleMOVE!**

Charlie shares, "The TeleMOVE! Program was a great success for me. The idea that I had to weigh in and the results were being recorded was motivation for me. I had a personal goal of losing the required pounds to have my hips replaced. I was able to use this program versus having gastric weight loss surgery."

### **Positive Encouragement**

While Charlie says he appreciated the mental and physical information provided by his TeleMOVE! device during the daily weigh-ins, it was his TeleMOVE! Care Coordinator who really made the difference. "I definitely enjoyed the monthly assessment with the TeleMOVE! Program counselor. She did not intimidate me and always offered words of encouragement." Charlie also credits his wife, family and friends for their constant positive encouragement throughout his journey.

### **Maintaining Success**

"Since finishing the program, I have maintained the weight loss and am still concentrating on losing more weight. I am eating nutritional meals and exercising within my limits. I am excited to move, therefore, I don't need a reminder."

**“ I lost over 30 pounds and 10 inches. Yeah!!!”**

**– Charlie Twine**



### **Message to Veterans**

"I would like to pass onto other Veterans that MOVE! provided information that will enable a person to stay focused and have good eating and physical habits to maintain a longer life."