



Veteran Success Story

Exceeding weight loss goals through diet and mindfulness meditation



Kim's story

Following 4 months of rehab after knee replacement surgery, being bedridden for 3 years and in need of a wheelchair, Kim enrolled in TLC through the Fort Harrison Montana VA Healthcare System to work on weight management. She also has MS, arthritis, sciatica and asthma.

There were many factors that contributed to Kim being overweight, including issues related to self-esteem and hardships during her childhood and adult life. Her weight prior to surgery was 227 pounds, and her maximum lifetime weight was 287 pounds.

Steps Kim took

Kim worked with TLC coach Jane, a dietitian, to focus on the power of food as medicine. This helped improve her diet by increasing vegetable intake and including healthy fats.

Kim started tracking her food intake right away. To get through cravings, Kim began using mindfulness meditations and learned to identify unhelpful thoughts that might sabotage her progress. She also made a list of her reasons for wanting to lose weight and hung her "why" list at the computer as a daily reminder.

After Kim reached her initial weight-loss goal, a second goal was set and achieved. At the time of her last TLC call, she was working on her third weight-loss goal.

“After this program, my determination is set in granite: There's no way I'll gain the weight back!”

Results



Kim reached not one, but three weight goals that she set during the program.



She lost a total of 72 pounds, down from 209 all the way to 137.



She highly valued her TLC experience and having a trained, supportive coach to talk to.



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