



## ***Healthier, Stronger, Better:***

### **A quick Q&A with Veteran Marcella Diflo, who's used TLC to meet and exceed her weight loss goal**

#### ***Tell us about your health struggle.***

Diflo: "I've struggled with weight my whole life. I tried Weight Watchers® before, but it didn't work and wasn't a good fit for me. But TLC is."

#### ***What motivated you to get started with TLC?***

Diflo: "My health was the real reason to get started—I wanted to lose weight so I could have knee surgery."

#### ***How did you find out about TLC, and what goal are you working on?***

Diflo: "I found out about it through my clinic at the Philadelphia VAMC. I'm working on a goal of losing weight and have been participating in the program for 4 months."

#### ***Who helps you stay on track to reach your goal?***

Diflo: "My TLC health coach, husband, family, neighbors, and doctor have all motivated me and helped me stay focused. Another thing that keeps me going is hearing people say that they don't recognize me anymore!"





***Have you met your goal and had success with TLC?***

Diflo: “I’ve had enormous success! I met and surpassed my goal—I’ve lost a total of 52 pounds and been able to have my knee surgery! The coach and calls have been the key to my accomplishments. My coach provides great support and education, the number of calls is sufficient, and it’s nice to know that I can call in for help.”

***How is your life different now?***

Diflo: “I now feel much healthier, stronger, and better. I’m much more active and not afraid to go out in public anymore—I just want to be out and about. Since I started TLC, I’ve been dancing around my house! I make healthier meals now, and my husband and I love eating them.”

***What do you do now to stay healthy?***

Diflo: “Journaling has been very important in sustaining my success. It helps me see what I’m doing and work to correct slip-ups when they happen. It hasn’t been easy—I’ve had my ups and downs, but I’ve been able to get back on track quickly. Everything’s going well!”

***What would you want other Veterans to know about TLC?***

Diflo: “I definitely recommend the program! I’d tell them to give TLC an honest chance to work, don’t let minor setbacks get you down, and don’t be discouraged from pursuing your health goals.”

