



Motivated and On Track:

TLC helps Veteran Sam Brown Heal and Achieve his Health Goals

When Veteran Sam Brown started TLC, he had two goals in mind: lose weight and get more physical activity.

He chose those goals because of recent health issues. “Prior to starting the program in February of 2012, I had a bad reaction to a statin drug that left me with high blood pressure and unable to walk,” he explains. “I was using Telehealth to monitor my blood pressure, and they recommended TLC to me because they thought it could really help me get better.”

He was just beginning to venture from his wheelchair when he started the program. But he knew immediately that the program was different.

“The thing that makes TLC better is the health coach,” Sam says. “Having a coach is great—my coach has helped me a lot!” Sam’s family also has helped him stay motivated and on track. “I didn’t know anything about calories before TLC, so my coach taught me how to eat,” he explains. “And my family helps by cooking the foods that I need to be healthy.”

So far, Sam’s achieved his two goals. He’s lost 25 pounds—down from 340 to 315 while on the program—and is exercising more. These days, he walks, goes to the gym with his son, and tracks what he eats. “Life is much better for me in so many ways,” he says. “I can walk again—I don’t need a walker or a cane, and I have no pain in my knees and hips!”

Because TLC has helped him so much, Sam wants to tell other Veterans about it. “TLC taught me how to eat right and helped me to meet my health goals...and it can help them do the same,” he says. “They should sign up today, because it’s a great program!”



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