



## ***TLC Success Fact Sheet:***

### **Veteran Cedric Savage**

- ***Found out about TLC through...***His doctor at the Philadelphia VAMC
- ***Was motivated by...***His doctor telling him that he might get diabetes if he didn't lose some weight
- ***Started TLC...***On April 16, 2012
- ***Chose to work on Healthy Living goal of...***Strive for a healthy weight
- ***Was successful because of...***The entire TLC program, but especially the workbook and the calls with his health coach, who made great suggestions for him to follow
- ***Got motivation and support through...***A walking partner
- ***Has met his TLC goal by...***Losing 20 pounds and having more energy and endurance for physical activity
- ***Has maintained his healthy changes since...***beginning TLC in April 2012
- ***Has a better life now because...***He can do more without getting exhausted, and he's wearing smaller- sized clothes
- ***Stays healthy now by...***Walking 12,000 steps daily, riding a bike, and tracking what he eats
- ***Would tell other Veterans to...***Just do it! Cedric had never done a weight-loss program before, and he also never thought he could be successful. But he is, and now his family wants to know what he's done to achieve his health goal!



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Telephone Lifestyle Coaching  
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