



TLC Success Fact Sheet:

Veteran Fred Kramer

- **Found out about TLC through...**His endocrinologist and primary care doctor at the St. Charles (MO) VA Clinic
- **Was motivated to start TLC by...**His diabetes. Fred also wanted to lose weight for health reasons
- **Started TLC...**On December 29, 2011, weighing 229 pounds
- **Chose to work on Healthy Living goals of...**Manage stress, eat wisely, strive for a healthy weight, be tobacco free, be physically active, and limit alcohol
- **Was successful because of...**His TLC Health Coach, who provided helpful information, communicated well, reassured him, and was great to talk to
- **Got inspiration and support through...**His wife and cycling buddies
- **Has met his TLC goal by...**Losing 10% of his body weight by his ninth coaching call in June, 2012
- **Has lost a total of...**26 pounds through TLC, and now weighs 203 pounds
- **Has improved...**His blood glucose. His A1c is down from 8.7 to 7.6 and he's taking less insulin
- **Has maintained...**His healthy changes and weight loss for 2 months
- **Has set new goals of...**Keeping the weight off, toning his body, and gaining upper body strength
- **Is enjoying life more now because...**he feels and looks a lot better. Fred's bought a new belt and is thinking about buying new clothes
- **Stays healthy now by...**Enrolling in a local MOVE!® class, eating more slowly, tracking what he eats, using exercise bands, and getting physical activity with friends three times per week
- **Would tell other Veterans that...**TLC is a very informative program, and it works. Your coach is there to help you, but you have to listen and take the advice. You'll get out of it what you put in!



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TLC
Telephone Lifestyle Coaching
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