

# Staying motivated, maintaining weight loss



For Veterans who have worked with a Telephone Lifestyle Coaching (TLC) coach, no 2 success stories are alike. Benny's goal was to improve the quality and length of his life by developing healthy habits to help him lose weight and maintain them for the long term.

## Benny's mission

Benny's initial goal was to lose 25 pounds. With the help of his TLC coach, he reached that goal after about a year. When his weight began to fluctuate, he realized he needed help developing the skills to maintain his weight loss and possibly lose a bit more.

## Getting there

Together with his coach, Benny adopted a new perspective on maintaining a healthy diet, including looking at what to eat, how much to eat and what to avoid. He was physically active working in his yard, and over time he added both time and variety to his activity by including biking, weight training and yoga. Then he hit a plateau and lost some drive.

## Success built on collaboration

Cultivating motivation was the key that helped Benny move past his plateau. With the help of his TLC coach, a positive attitude, and encouragement, he was able to get back on track and start losing weight again. His coach also helped him develop new skills that kept old, unhelpful snacking habits at bay.



Scan the QR code, or go to [prevention.va.gov/TLC](https://prevention.va.gov/TLC), to learn more about the TLC program and get started on your own success story.



Every time I get off track, I hear my coach saying, 'in moderation.'

## The results

With his TLC coach's contact and consistent encouragement, Benny reached his initial goal and maintained his weight for over 2 years. His message to others: "I would highly encourage anyone who is trying to lose weight and keep it off to join the program and get a lifestyle coach."