Losing weight, feeling better

No two success stories are alike for Veterans who have worked with a Telephone Lifestyle Coaching (TLC) coach. Roger’s goal for getting to a healthy weight has helped him learn how to lose the pounds and keep them off for life.

Roger’s mission
Roger told his TLC coach he wanted to learn how to lose weight, slowly and steadily, and keep that weight off for the long term. He set a goal to lose 30 pounds and wanted to do this by making a lifestyle change, not following a quick-fix diet.

Getting there
Roger began receiving coaching with TLC in February 2020 and is still participating today. Together with his coach, Roger set a goal to reach 200 pounds, however once he reached that goal, he set a new goal of 185 pounds. By July 2021, Roger had reached 189 pounds and shared with his coach that he is satisfied with maintaining this weight.

Success built on collaboration
Roger was able to stay accountable to meet his goals, focusing on positive reinforcement vs. what he calls “adversarial communication.” It’s been a collaboration vs. simply being told what to do in order to lose weight. To put it simply, Roger says he’s a very happy camper with the TLC program.

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

The results
Roger has met his long-term target weight and has developed the skills to maintain it. His family and friends have noticed the difference and remain a source of encouragement. He is sleeping better now and his restless leg syndrome symptoms have reduced dramatically.

The best part according to Roger? The need to visit a tailor for alterations and buy new clothes.

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