

# 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](https://prevention.va.gov/TLC), to learn more about the TLC program and get started on your own success story.



I'm accountable for reaching my goals.

## 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.