

# Being active, finding joy



No two success stories are alike for Veterans who have worked with a Telephone Lifestyle Coaching (TLC) coach. Samuel's goal was to identify his motivation for being more active and improving his mobility.

## Samuel's mission

The mission was clear: Samuel wanted to interact more with his young grandchildren, and in order to do so he had to increase his physical activity.

## Getting there

When Samuel first started working with a TLC coach, even small amounts of physical activity would cause muscle soreness. He was also short on motivation to be active. Together with his coach, Samuel kept his motivation in sight, identified his activity goals and then created a plan to reach those goals.

## Success built on collaboration

The first step Samuel took was to give his behavior change journey a name. Channeling his motivation, he named it the "grandkid workout" and began to gradually increase his activity by taking short walks during the day. With the support and accountability of his TLC coach and his wife, Samuel was able to stay focused on his plan. After just a few short months, he not only increased his activity, but also found joy in all that he was able to do now. Playing with his grandchildren led to even more enjoyable activities.



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.



We created a plan  
I could stay focused on.

## The results

Developing the tools he needed to maintain a lifestyle change, Samuel has increased not only his activity and his mobility, but he finds greater joy in his day-to-day activities as well. He enjoys interacting more with his grandchildren and being more physically active overall. As an extra added bonus, Samuel's wife also benefited from his participation in TLC!