



## “I Like Where I’m At”

### **TLC Gives Veteran Jeff Eisenbeis the Confidence to Manage His Weight**

Veteran Jeff Eisenbeis likes where he’s at now and feels confident that he can maintain it. “After doing the Telephone Lifestyle Coaching (TLC) Program, I’ve lost weight and I feel good,” he says. “I’m in better aerobic shape, my blood pressure and resting heart rate are quite a bit lower, and my clothes fit better.”

In a relatively short time, Jeff has reversed the physical inactivity and weight gain that occurred for 14 years after he retired from the U.S. Army. During that time, programs like Weight Watchers® and the Atkins diet were only temporary fixes for him—when he stopped doing them, he would gain the weight back.

“This time, I feel like I’ve made lifestyle changes with eating healthy and exercising,” Jeff says. “The structure of TLC and phone calls with my health coach has helped me a lot.” Knowing that his coach was always going to call at a certain time, for example, and provide valuable, personalized guidance, was important. “I’ve done points and counted calories before,” Jeff says, “but when my coach gave me serving suggestions, it was all so simple to remember, log, and then track through My HealtheVet.”

Two months after completing a series of TLC calls through the Dwight Eisenhower VAMC in Leavenworth, Kansas, Jeff has found that staying healthy and keeping the weight off has been an easy adjustment. He recommends TLC highly, even to those who are hesitant or concerned. “I never felt pressured by the program,” Jeff says, “and you can put as much effort into it as you want.”

