



Success Stories

Healthy Living Matters. Prevention Works.

Perseverance Pays - At Any Age!

SHAWN WARNER DECIDED HE WAS WORTH THE COMMITMENT WHEN HE CHOSE TO FOCUS ON WEIGHT LOSS. OVER 11 YEARS, HE LOST 101 POUNDS WITH HELP FROM HIS ANCHORAGE, AK MOVE! TEAM.

Not only does Shawn no longer need diabetes medicine, he is also able to move more with fewer aches and pains.



A Long-Term Journey

Shawn struggled with weight his entire life. When he participated in the MOVE! Weight Management Program for Veterans in 2008 he lost 60 pounds and then regained some. When he was diagnosed with diabetes in 2017, he was more motivated to lose weight than ever. His MOVE! dietitian, Deedee Brandeberry, helped him think about what he could do differently this time, and he decided to add Weight Watchers to the mix. He lost 50 more pounds and has kept it off for the past year.

Shawn's Secrets to Success

- Deciding to do something for himself
- Being in a program (or 2!)
- Working out 3-4 times a week, both cardio and strength training
- Eating wisely
- Tracking food and drink
- Mixing it up - adding something different

Sticking With It

Shawn lost his extra weight, and continues to attend both Weight Watchers and MOVE! individual appointments. He is eating wisely, tracking, and keeping up with his exercise.

It's Never Too Late!

"Work with your VA providers and don't give up. I am 72 and lost a lot of weight the past few years. It's worth it even when you are older. You can do it!"

“ The MOVE! program gave me the latitude so I could achieve my goals and think outside the box.”

– Shawn Warner

