



Success Stories

Healthy Living Matters. Prevention Works.

Better Health and Feeling Great

VETERAN SHERRI LIPSON JOINED THE WEST PALM BEACH, FL, MOVE! WEIGHT MANAGEMENT PROGRAM AND KNEW RIGHT AWAY IT WAS FOR HER.

After 7 months and 2 “rounds” of MOVE!, Sherri has lost a total of 60 pounds, improved her blood pressure, and no longer has pre-diabetes.



Worth a Try

After receiving an email from VA about the MOVE! Weight Management Program for Veterans, Sherri decided to give it a try by participating in group sessions. Sherri says, “I knew immediately MOVE! was a winning program.”

Using the Tools

According to Sherri, MOVE! provided her with the tools she needed to better manage her weight. She says, "I look at food now and I know how to figure calories, carbohydrates, etc. I look at food now and can make sound choices for both weight loss and good health." Sherri credits the MOVE! dietitians with helping her to use the program tools.

Learning from Others

For Sherri, the group format of MOVE! was particularly motivating because she was meeting new people and learning from their experiences. She was also encouraged when others would remind her that "it can be done."

Weight Loss and Better Health

After losing 30 pounds during her first 12 weeks of MOVE!, Sherri decided to try it for another 12 weeks. After completing MOVE! two times, Sherri lost a total of 60 pounds! She says in addition to feeling great, the weight loss has also improved her health. Her physician reduced her blood pressure medication and she no longer has pre-diabetes.

“If you feel the need to improve your life and get that healthy body – MOVE!”

– Sherri Lipson

