



# Success Stories

*Healthy Living Matters. Prevention Works.*

## *Discovering What Works for Weight Loss*

*VETERAN WILL SHERWOOD HAD TO COMPLETE MOVE! TO BE ELIGIBLE FOR BARIATRIC SURGERY. HIS WEIGHT LOSS SUCCESS OPENED A NEW DOOR TO HEALTHY LIVING.*

Guidance and inspiration from the bariatric nurse, dietitian, and primary care at the Myrtle Beach, SC CBOC allowed Will to make lasting changes that have improved his health *without* surgery.



## *Trial and Error*

“Over the last 20+ years I’ve tried several diets. With Atkins, I started out weighing 320 pounds and I lost 10 pounds each month for the first 6 months. Then I hit a wall at 260 pounds, and over the next several months I only lost 1 or 2 pounds! I was so frustrated and bored with the diet, so I quit, and as a result I gained all the weight back plus some.

Finally, at 365 pounds, I had gotten to the point where I was experiencing continuous pain in my back, knees, and hips, and I knew I had to do something to get my weight under control. I figured the only way that was going to happen was with bariatric surgery.” That’s what Will thought...

## Action and Success

"I requested a consult with the bariatric department at the Ralph H. Johnson Medical Center in Charleston, SC.

During the consult, I was informed that though I was eligible, to assure my weight loss success I would be required to complete VA's MOVE! Weight Management Program for the entire 16 weeks. I agreed.

Melissa Green, the MOVE! Dietitian was my primary motivator, although keeping a food diary was a huge help. During the first MOVE! class I realized why I had stopped losing 10 pounds each month. It was because despite strictly following the diet, I was consuming the daily calories for a 260-pound man! I learned that to achieve my target weight of 225 pounds, I would need to reduce my calories per day. I was also introduced to the MyFitnessPal app which made it easy to keep a food diary."

## Winning Results

"A BIG plus is that I can eat whatever I want as long as I stay under my 'budget' of 1800 calories per day. No more boring diets for me! Since starting MOVE! I've been losing between 1 and 2 pounds per week, over 66 pounds so far, and I made it under 300 pounds without surgery!"

“I don't buy anything that's calorie dense, like ice cream or cake. I've discovered that if I don't buy it, I don't eat it.”

- Will Sherwood



"I wholeheartedly recommend MOVE! and the MyFitnessPal app to anyone who's serious about both losing weight and for maintaining that weight once you've reached your target."