



Success Stories

Healthy Living Matters. Prevention Works.

Weight Loss Support for Female Veterans

ATTENDING MOVE! INDIVIDUAL APPOINTMENTS KEPT CHARLOTTE ACCOUNTABLE!

Veteran Charlotte Voldarski lost 75 pounds with the MOVE! Program at Corporal Michael J. Crescenz VA Medical Center in Philadelphia, PA.



Finding a Program that Works

Charlotte Voldarski reported struggling with her weight her entire life. She had tried other weight loss options, like Slim Fast, but did not see any results. After gaining weight during a vacation in 2017, Charlotte arrived at home and knew she had to do something about it. Charlotte learned about the MOVE! Weight Management Program for Veterans from her primary care physician.

MOVE! Program Support

As a female Veteran, Charlotte says her greatest supports during her weight loss journey were the Women's Health team at her facility, specifically, Beth Korb (MOVE! dietitian), and Dr. Bevelock (Primary Care Physician). Charlotte found the MOVE! individual sessions to be the most helpful to manage her weight.

Weight Maintenance

Charlotte Voldarski has been able to maintain her weight loss and has been at a healthy weight for two years. She continues to attend individual MOVE! sessions with her dietitian, Beth Korb, to keep the weight off. Charlotte also meets with her primary care physician regarding her prescription of the weight loss medication, Qysmia.

“**The MOVE! Program has helped me stay motivated throughout my weight loss journey.**”

– Charlotte Voldarski

“**Attending my regular MOVE! appointments helps to keep me accountable.**”

– Charlotte Voldarski

Sharing Her Success

Charlotte Voldarski lost 75 pounds in the MOVE! Program. She says it has increased her confidence. “It makes me feel good to talk about my weight loss journey.”

Charlotte found success in the MOVE! Program and she shares her experiences to help encourage other Veterans that they can lose weight too! She wants other Veterans to know “MOVE! can work for you too!”