



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."