



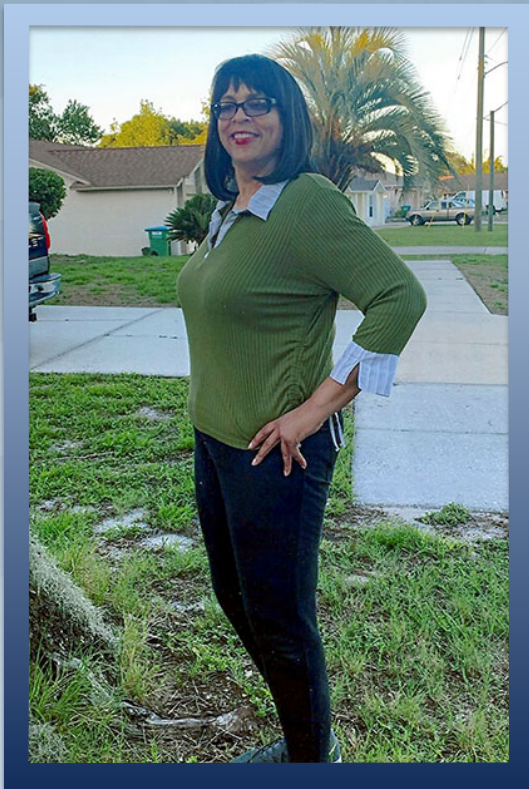
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *I Took my Grandson to the Beach!*

*WITH THE HELP OF THE DAYTONA BEACH, FL, MOVE! TEAM SHARYLLE ROBERTS MET HER GOAL OF SPENDING QUALITY TIME WITH HER FAMILY.*

Sharylle lost 117 pounds by adopting a positive attitude, enlisting the support of family and learning to eat wisely.



## *Ready for a Change*

Veteran Sharylle Roberts lived an on-the-go lifestyle for years. She was a single mom with a young child and ate fast food for many of her meals. As her weight increased, Sharylle felt depressed and powerless to stop the weight gain. This led to health problems which presented obstacles to becoming active. One day, Sharylle overheard her grandson say that “Bella” (his name for Sharylle) could not go to the beach with him because she walked funny. At her next visit with her medical provider, Sharylle decided that she needed a change. She turned to the MOVE! Weight Management Program for Veterans, thinking that it could not hurt to try it.

## Setting Goals for Success

Sharylle decided to start the MOVE! Program in 2017 with a positive attitude. Her goals included getting healthy and decreasing pain, but her main goal was to keep up with her grandson and eventually take him to the beach. Her sister and daughter both supported her as she made changes such as keeping a food diary, learning to use portion control, and using a cookbook to prepare healthy meals. Sharylle's efforts led to success: weighing 334 pounds when she started MOVE!, Sharylle ended the program having lost 117 pounds and 11 inches off her waist. And two years later Sharylle has kept off the weight and is going strong with her lifestyle changes.

## A Changed Life

Sharylle's mobility has significantly improved and she is able to enjoy time outside her home with family and friends. She loves the fact that she can buy clothes at department stores instead of full figure shops. Sharylle is off one medication for hypertension and gets compliments daily on her weight loss. And best of all, she has taken her grandson to the beach several times!

“ I am physically and mentally happier now.”

– Sharylle Roberts



## Gratitude

Sharylle is thankful for the support of her Daytona Beach MOVE! team who had a major impact in helping her reach her goals. She is grateful to have her life back and encourages other Veterans to participate in MOVE!: “The program works!”