



Veterans have always carried the extra burden of honor, duty, and sacrifice, but they do not have to carry the burden of extra weight sacrificing their health.



Get into **MOVE!**

Contact your VA Health care team today!

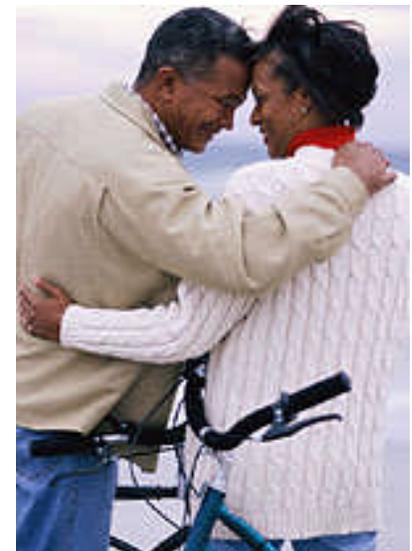


For more information call:
1-800-849-3597 ext. 70094

Weight Management Program

Ask your VA healthcare team about how to enroll in **MOVE!**

MOVE!



What is **MOVE!**?

MOVE! is a national VA program designed to help veterans lose weight, keep it off and improve their health.

Program Features

- **Emphasis on health and wellness through nutrition and physical activity behavior change**
- **Lifetime and lifestyle focus**
- **Patient-centered**
- **Individual tailoring to meet your needs**

The **MOVE!** Program is divided into different levels to meet your individual needs.

Level 1:

- You complete a questionnaire that will help design a plan to help you lose weight.
- You will receive a tailored set of handouts just for you.
- You meet with a VA healthcare team in primary care to set some beginning goals.
- Your VA healthcare team will follow up with you regularly to track your progress and help you to continue to meet your goals.

Level 2:

- Everything in Level 1 plus...
- You can participate in group sessions on nutrition, physical activity and tips for behavior/lifestyle change.
- You may have one-on-one time with a VA healthcare team member such as a dietitian, physical activity specialist or behavioral health expert.



For more information, visit:

VA National Center for Health
Promotion and Disease
Prevention
www.nchpdp.med.va.gov

MOVE!

www.move.med.va.gov