



Veterans have shouldered the extra burden of honor, duty and sacrifice, but ... they do not have to carry the burden of extra weight.

For YOU and YOUR loved ones,
Make a **MOVE!**
to manage your weight.



Name of VA Medical Facility:



★ For more information, visit: www.move.med.va.gov ★

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

Ask your healthcare team about

MOVE!



"ALL THINGS PREVENTION"

National Center for Health Promotion & Disease Prevention
Patient Care Services
Veterans Health Administration



Department of
Veterans Affairs





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
- ◆ Regular follow-up and support

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.

