



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:



Ask your healthcare team about

MOVE!

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

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

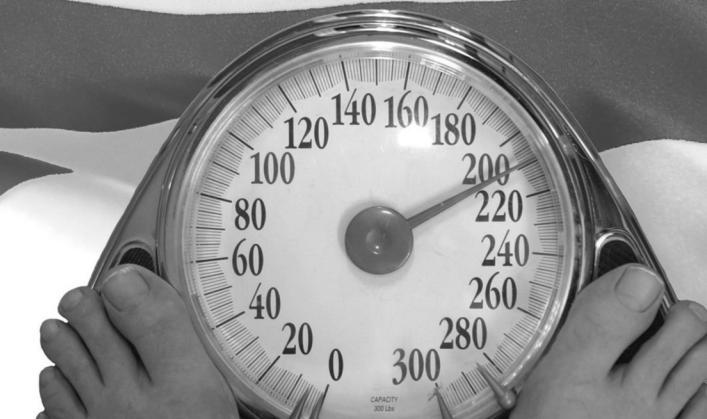


"ALL THINGS PREVENTION"

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.

