Want to lower your risk for ...

- Diabetes
- High blood pressure
- Heart disease
- Sleep apnea

The MOVE! Program can help you

- Lose weight
- Keep it off
- Improve your health

VA National Center for Health Promotion and Disease Prevention

MOVE!

Weight Management Program for Veterans

Ask your healthcare team how to Get into MOVE!

www.move.med.va.gov

NCP Office of Patient Care Services

Department of Veterans Affairs