Some Keys to Success

- ★ Weigh daily.
- ★ Follow an eating plan that provides healthy nutrition and helps you gradually lose weight.
- ★ Be active – start slowly and build gradually.
- ★ Choose to make small changes that you can maintain.
- ★ Write down what you eat and your physical activity.
- ★ Read and understand food labels.
- ★ Use the MOVE! team for guidance as needed.
- ★ Ask your family, friends, and health care team for the support you need.
- ★ Celebrate your success!

If you are ready to MOVE!

ask your VA health care team to get you started with MOVE! today.

MOVE 101 Orientation Class:
Marion- Tuesdays 9:30-11:30am
Marion Carnegie Library

Effingham, Evansville, Mayfield, Owensboro, Paducah: 1st Friday of each month 12:00-2:00pm

Vincennes: 1st Friday of each month 1:00-3:00pm

Contact MOVE! Program at
618-997-5311 x54659 or
1-866-289-3300 x54659

Department of Veterans Affairs

MOVE!®
WEIGHT MANAGEMENT PROGRAM FOR VETERANS

Strive for a Healthy Weight!

Live Well!

Eat Wisely ★ MOVE! More ★ Weigh Less

www.move.va.gov

National Center for Health Promotion and Disease Prevention

If you need to lose weight, losing even a little will help!

Staying in control of your weight helps maintain good health now and in the future.

We Are Ready to Partner With You!

A team of health care providers is ready to help you lose weight and keep it off. You will learn how to lose weight safely and be healthy. You will be an active player in this journey and your health care team will be your "coaches."

Program Features

- Focus on health and wellness through healthy eating, physical activity, and behavior change
- Support to help you reach your initial goals with ongoing maintenance
- Lifetime and lifestyle focus

Ready to Get Started?

1. Ask your primary care team to refer you to MOVE!
2. You will be asked to complete the MOVE!23 questionnaire. You can do this now at **www.move.va.gov/Move23.asp.**
3. You will be scheduled for an appointment to discuss treatment options.
4. Follow-up calls or appointments will be made to help you track progress, monitor goals, and solve problems.

Join the many Veterans who have succeeded with MOVE! and be your own MOVE! success story.

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Did You Know?

Research studies show losing as little as 5–10% of your current body weight lowers your risk of heart disease, hypertension, type 2 diabetes, and certain types of cancer.