



“The MOVE! Program has helped me to re-arrange my diet habits and exercise program. With the help of MOVE! I have lost almost 50 pounds. I used to be on a scooter and now I can walk with a walker. I would recommend it to anyone who is interested in losing weight.”
 - *Phyllis Clower*



MOVE! Participant demonstrates her weight loss success

“I am currently participating in the MOVE! ® Weight Management and Exercise class and want to thank all the instructors of the program. This class has helped me tremendously. For years I have struggled with high cholesterol and “belly fat.” When I found out about this program, I was determined to make a lifestyle change. To eat healthier, and start exercising. This class has helped me to lower my cholesterol and I started to lose weight. I’m feeling much better.”
 – *Ronald Lanni*



CHEF participants learning healthy cooking techniques from a Hines dietitian.



Make a
 to manage your weight.

Contact your Hines VA healthcare team today!

MOVE! GROUP MEETS

When: 1st & 3rd Tues of each month
 MOVE! Intro is 2nd Tues of each month

Consult is required

Where: Bldg One, Room E347

Time: 9:00am – 11:00am

Ask your provider for a referral to



Developed by Nutrition and Food Services,
 approved by Veterans Health Education Committee,
 Revised 2011

Weight Management Program at Hines VA Hospital



Ask your Hines VA healthcare team about how to enroll in



CHEF class participants chopping vegetables for a nutritious meal

What is **MOVE!** ?

WEIGHT MANAGEMENT PROGRAM FOR VETERANS

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

Program Features

- **Emphasis on health and wellness through nutrition, physical activity, and behavior change**
- **Lifelong strategies for weight management**
- **Patient-centered**
- **Individual tailoring to meet your personal needs**
- **Regular follow-up and support**

The **MOVE!** WEIGHT MANAGEMENT PROGRAM FOR VETERANS Program is divided into different levels to meet your individual needs.

Self-management support

- Log onto www.move.va.gov to complete a questionnaire that will help design a plan to help you lose weight.
- Come to the MOVE! Preview Class each Monday and Friday at 10:30am for information on the MOVE! program.
- May have one-on-one time with a Hines VA healthcare team member such as a dietitian, physical activity specialist, or behavioral health expert.
- **NEW!** TeleMOVE! – Daily communication with a dietitian from the convenience of your home

Self-management (group approach)

- Group sessions on nutrition, physical activity, and tips for behavior/lifestyle change.
- Participation in the Cooking Healthy Everyday Food (C.H.E.F) class and Grocery Store Tour; available to those who complete the MOVE! program.

MOVE! gym

- Orientation to Exercise (2nd Wed of the month), 9am – 10:30am.
- Aerobic and resistance band training Mon, Tues, Thurs, and Fri.
- Veteran must be approved for physical activity by his/her Primary Care Provider.



Exercising in the MOVE! Gym



Hines dietitian discusses healthy eating during a MOVE! class

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

