



“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

Make a  to manage your weight. Contact your Joliet Clinic healthcare team today!



These MOVE! Participants met their weight loss goals!

MOVE! GROUP MEETS

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

Consult is required

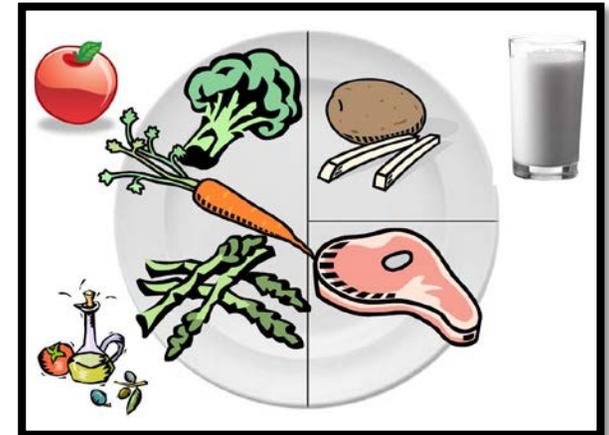
Where: Joliet Clinic

Time: 10:00am – 12:00pm

Ask your provider for a referral to



Weight Management Program at Joliet Community Based Outpatient Clinic



Ask your Joliet Clinic healthcare team about how to enroll in



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

Developed by Nutrition and Food Services, approved by Veterans Health Education Committee, October 2010
 Approved by Veterans Health Education Committee, Sept. 2010

Revised December 2013



is designed to meet your individual needs!

Learn more about MOVE!

- 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 offered every 1st and 3rd Monday at 8:30am for information on the MOVE! program.

Experience MOVE! Independently

- TeleMOVE! – Daily communication with a dietitian from the convenience of your home.
- May have one-on-one time with a Joliet Clinic healthcare team member

Experience MOVE! in a Group

- Group sessions on nutrition, physical activity, and tips for behavior/lifestyle change.



Hines dietitian discusses healthy eating during a MOVE! class



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