

Experiences in **MOVE!** WEIGHT MANAGEMENT PROGRAM FOR VETERANS

"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 Hines VA
healthcare team today!

Consult is required to attend Women's MOVE!

Ask your provider for a referral

First attend MOVE! Preview Class any Monday at 10:30am for information on the MOVE! Program.

Then attend one MOVE! Intro session which meets the 2nd Tuesday of each month

Where: Bldg 1, Room E347

Time: 9:00am – 11:00am

After attending MOVE! Intro, you may attend *Women's MOVE!* which meets the 1st and 3rd Thursdays of each month

Where: Bldg 200, 13th Floor, Room 1371

Time: 10:00am–11:00am

For more information, visit:

www.move.va.gov



Women's!



**Weight Management Program at
Edward Hines, Jr. VA Hospital**



Ask your Hines VA healthcare team about how to enroll in



What is *Women's!*



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

Program Features

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



MOVE! 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 any Monday at 10:30am 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 Hines VA healthcare team member such as a dietitian, physical activity specialist, or behavioral health expert.

Experience MOVE! in a Group

- 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 MOVE! Participants.



Hines dietitian discusses healthy eating during a MOVE! class

My Healthy Plate

