

## Experiences in **MOVE!**



“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*



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



## Weight Management Program at Hines VA Hospital



Ask your Hines VA healthcare team about how to enroll in



“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*



Developed by Nutrition and Food Services, approved by Veterans Health Education Committee, Revised November 2010



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**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  Program is divided into different levels to meet your individual needs.

### **Self-management support**

- Log onto [www.move.va.gov](http://www.move.va.gov) to complete a questionnaire that will help design a plan to help you lose weight.
- Come to the walk-in clinic, 10am – 12pm, 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.



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**For more information, visit:**  
[www.move.va.gov](http://www.move.va.gov)

