

MOVE!

Weight Management Program for Veterans



MOVE! PARTICIPANTS:

- Must have a BMI of 25 or higher.
- Meet once weekly over 16 weeks.
- Learn about healthy nutrition, physical activity and behavioral changes.

There are two ways to join:

1

Online with VA Video Connect (VVC).*

2

In person by appointment.

Face-to-face, individual or group appointments.

Learn more: 717-272-6621



MOVE! TOOLS INCLUDE:

- **MOVE! Coach app** (Apple and Android app stores)
Learn ways to lose weight and live healthier.
- **MOVE! website:** www.move.va.gov
Includes healthy living tips, success stories, workbook downloads and more.

* Join through live video on any computer, tablet or mobile device with an internet connection. For VVC instructions, see mobile.va.gov/app/va-video-connect

va.gov/lebanon-health-care
717-272-6621 | 800-409-8771

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Lebanon VA Medical Center