



Keys to Weight Management Success

Making a commitment to participate for at least 6 months is critical to success

- Identify your reasons for wanting to lose weight.
- Set goals that you can reach.
- Eat wisely to cut extra calories.
- Be physically active to improve your health.
- Weigh yourself at least weekly.
- Make lifestyle changes you can keep
- Keep a daily record of what you eat and your physical activity.
- Ask your family, friends, and MOVE! team for the support you need.
- Celebrate your success!

Ready to Get Started?

Appointments are available without a referral or consult from primary care. Contact your MOVE! Team to schedule an appointment today.

MOVE! Class Options

All Enrollees must attend an Orientation class first. You then have several choices of how to participate in the program.

Traditional Schedule

12 virtual OR In-Person classes, led by a Registered Dietitian, Exercise Physiologist, Physical Therapist, or Psychologist

Annie Text Messaging

ANNIE is a text messaging version of MOVE! that lets you apply more self-management where you want (from your home, office, etc.) and when you want, via your smart phone. (charges/fees may apply for exceeding txt limits).



MOVE!® Program

Durham, Raleigh1, Raleigh3, Clayton, Hillandale, Croasdaile:

(919) 416-8034 or 1-888-878-6890 X17-8034

Greenville: (252) 830-2149 (option 0)

Morehead City: (252) 240-2349 x15-3417



U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention

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www.prevention.va.gov



Thinking About Losing Weight?

- Ask your VA health care team about MOVE! today.
- Appointments can be scheduled directly with the MOVE! Team to discuss treatment options.
- You may be asked to complete the MOVE!11 questionnaire. You can do this at www.move.va.gov/Move11.asp

Create your own MOVE! success story and join the many Veterans who have succeeded with MOVE! Visit www.move.gov and click on *Success Stories* to read their inspiring messages.

We Are Ready to Partner with You!



A team of health care providers is ready to help you lose weight and keep it off. You will learn how to lose weight safely and be healthy. You will be an active player in this journey and your health care team will be your “coaches.”

MOVE! Program Features:

1. A focus on improving your health and wellness
2. Support for eating wisely and increasing your physical activity
3. Coaching and feedback to help you reach your weight management goals

Did You Know?

Research studies show losing as little as 5% of your current body weight lowers your risk of heart disease, hypertension, type 2 diabetes, and certain types of cancer.



