



Your BMI is \_\_\_\_\_.  
(A healthy BMI is less than 25.)

Your height and weight have identified you as being overweight or obese.

## If You Are Ready to MOVE!

Ask your VA health care team to get you started with MOVE! today.

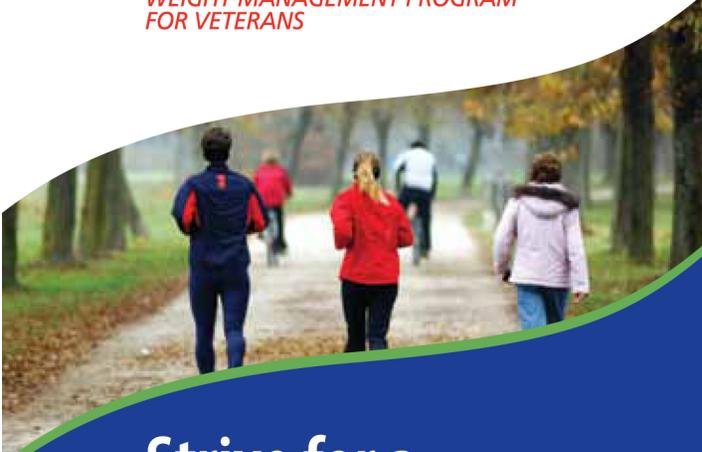
The Robert J. Dole VA Medical Center provides group education and support for Weight Management at no cost to you!

Classes are also available at most CBOC locations.

### For more information:

Call: (316) 685-2222 Ext. 53465  
or (888) 878-6881 Ext. 53465

**Robert J. Dole VA Medical Center**  
5500 East Kellogg  
Wichita, KS 67218



## Strive for a Healthy Weight!

*Live Well!*

Eat Wisely ★ MOVE! More ★ Weigh Less



## Some Keys to Success

- ★ Weigh daily.
- ★ Follow an eating plan that provides healthy nutrition and helps you gradually lose weight.
- ★ Be active – start slowly and build gradually.
- ★ Choose to make small changes that you can maintain.
- ★ Write down what you eat and your physical activity.
- ★ Read and understand food labels.
- ★ Use the MOVE! team for guidance as needed.
- ★ Ask your family, friends, and health care team for the support you need.
- ★ Celebrate your success!



**VA HEALTH CARE** Defining EXCELLENCE in the 21st Century

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[www.move.va.gov](http://www.move.va.gov)



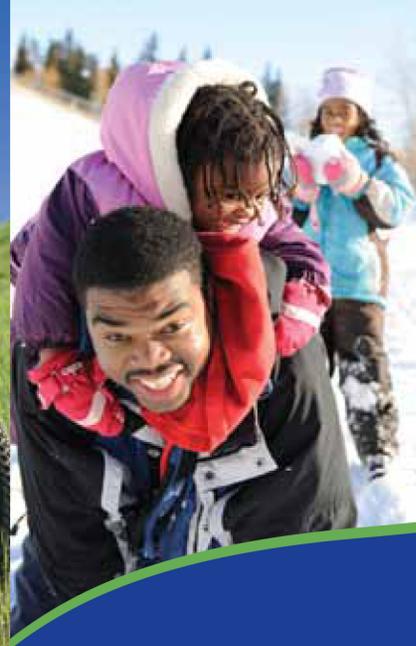
National Center for Health Promotion and Disease Prevention

Office of Patient Care Services  
Veterans Health Administration  
[www.prevention.va.gov](http://www.prevention.va.gov)



If you need to lose weight, losing even a little will help!

Staying in control of your weight helps maintain good health now and in the future.



## 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.”

### Program Features

- ★ Focus on health & wellness through healthy eating, physical activity, & behavior change.
- ★ Support to help you reach your initial goals & with ongoing maintenance.
- ★ Lifetime and lifestyle focus.
- ★ Pedometer, Calorie Count Booklet, and an Exercise DVD is provided at MOVE! 2 classes.
- ★ Coached by a Registered Dietitian, a Physical Therapist and a Behavioral Health Expert.
- ★ No cost! Free to you!

## Ready to Get Started?

1. Ask your primary care team to refer you to MOVE!
2. You will be scheduled into **MOVE! 101**: Intro to Weight Management class.
3. Next, you can join the **MOVE! 2** classes that meet on the 1st three Mondays of each month from 10:00 a.m. to 12:00 p.m. (Excluding holidays.)
4. After completing the three MOVE! 2 classes, you may continue into the **MOVE! Support Group** sessions that meet on the 1st Tuesday of each month from 10:00 a.m. to 11:30 a.m.
5. You are encouraged to complete the MOVE! 23 questionnaire: [www.move.va.gov/move23.asp](http://www.move.va.gov/move23.asp)
6. Bring the Retrieval code to a MOVE! class, to be entered into your medical record.

Join the many Veterans who have succeeded with MOVE! and be your own MOVE! success story.



## Did You Know?

Research studies show losing as little as 5–10% of your current body weight lowers your risk of heart disease, hypertension, type 2 diabetes, and certain types of cancer.

