

## 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.



# VA NORTHERN INDIANA HEALTH CARE SYSTEM

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

1 (800) 360-8387

## Fort Wayne Campus

2121 Lake Avenue  
Fort Wayne, IN 46805

## Marion Campus

1700 East 38th Street  
Marion, IN 46953

## Goshen CBOC

2606 Peddlers Village Road  
Suite 210  
Goshen, IN 46526

## St. Joseph County VA Clinic

1540 Trinity Place  
Mishawaka, IN 46545

## Muncie CBOC

3401 North Morrison Road  
Muncie, IN 47303

## Peru CBOC

750 N Broadway  
Peru, IN 46970

## FIND US ON THE WEB OR SOCIAL MEDIA:



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VA



U.S. Department  
of Veterans Affairs

VA NORTHERN INDIANA HEALTH CARE SYSTEM

**MOVE!**  
Weight Management Program for Veterans



Strive for a  
Healthy Weight!

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

VHE Committee approved 1/2019

## We Are Ready to Partner with You.

Appointments are available **without a referral or consult** from primary care.

Veterans can choose from two options to schedule an appointment:

1. In-person with your PACT clerk at checkout
2. Call our MOVE!® team at (800) 360-8387, extension 73682

## 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





## What is MOVE!®?

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

MOVE!® is a weight management, health promotion program designed to improve the lives of Veterans. MOVE!®'s core ideas—encouraging healthy eating behavior, increasing physical activity, and promoting even small weight losses—are easy to follow and based on the latest in nutrition science.

With the help of your MOVE!® care team, you can reduce health risks, prevent or reverse certain diseases, improve your quality of life, and even live longer.

### The MOVE!® Program offers:

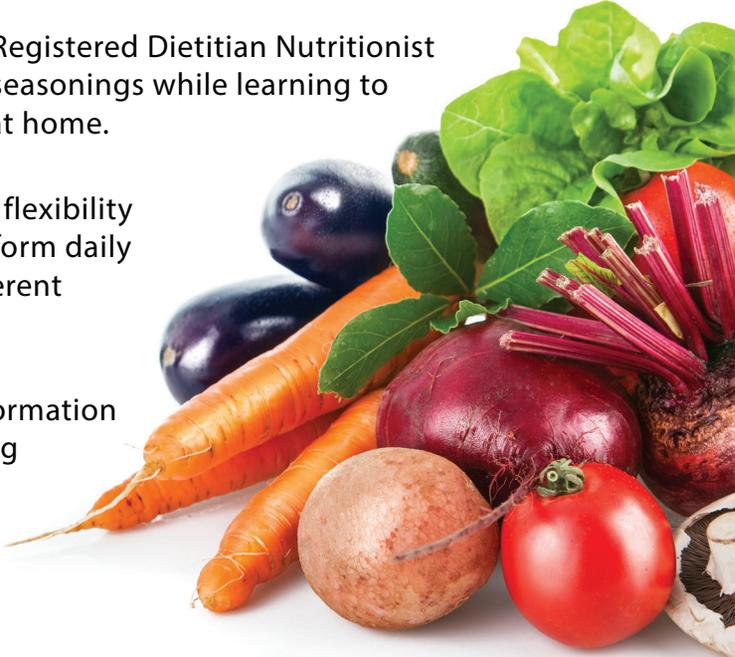
**Weight Management Individual Counseling and/or Group Classes** - Attend sessions with fellow Veterans interested in losing weight. MOVE!® groups cover content in three areas: **nutrition, behavior and exercise.** Group instructors help Veterans set goals to begin making lifestyle changes to improve their overall health.

**Individual Education Sessions** - Meet individually with a Registered Dietitian Nutritionist (RDN) in person or by phone. Find out how better food choices will work for you to manage your health issues and live well.

**Healthy Teaching Cooking Classes** - Watch a Registered Dietitian Nutritionist (RDN) prepare recipes. Sample new foods and seasonings while learning to improve your overall diet when making foods at home.

**Physical Activity Classes** - Learn strength and flexibility exercises to improve your overall ability to perform daily tasks. Variety of class offerings available at different facilities.

Contact Nutrition & Food Services for more information or to schedule your next appointment by calling **(800) 360-8387, extension 73682.**



### MOVE!® PROGRAM TESTIMONIAL

Dallas Stansbery  
Fort Wayne, IN

“ MOVE! Groups provided me with accountability to do more exercise with others and encouraged me to be more consistent with my eating habits. I have learned how to lose weight by watching my portion sizes and has kept me on track with making healthier choices. ”



### MOVE!® PROGRAM TESTIMONIAL

Danny Spaulding  
Kokomo, IN

“ I started going to the MOVE! group because at 245 pounds I was having trouble breathing and plenty of back pain. All the instructors and my fellow Vets wanting to lose weight have been very supportive of each other. I am currently weighing around 205 pounds. ”



### MOVE!® PROGRAM TESTIMONIAL

Kathryn Walters  
Marion, IN

“ I am so grateful for the VA MOVE! Group. With the cooking classes, I now know how to fix delicious meals that are actually good for me and make me feel so much better. I would recommend the VA MOVE Group to anyone who wants to lose weight, feel better and have more energy. ”