

Veteran Testimonials

“If you are looking to improve your health and are ready to do something about it, I recommend joining the VA MOVE! class. The MOVE! team showed me that I could make the lifestyle changes necessary to lose the weight and enjoy feeling good. No more blood pressure medicine, sore joints or feeling lousy. My goal was to go from 276 lbs. to anything lower. After 8 months I now weigh 185 lbs. No gimmicks. No tricks. Just plain everyday common sense to a better way of living. Thanks MOVE! team!”

- Dave G.

“MOVE! keeps me accountable.”- Deb B.

“I found out that making a few small changes at a time is what I need to do to be successful.”- Perry S.

MOVE! Orientation

To join the MOVE! program, you will need to attend MOVE! Orientation; available daily.

Please call to make an appointment:

Sioux Falls Veterans

Call 605-336-3230, ext.5992

or 800-316-8387, ext.5992

Aberdeen, Sioux City, Spirit Lake,

Wagner and Watertown

VA Community Based

Outpatient Clinics

Call 800-316-8387, ext.7087

06/13 KRAFT



VA
HEALTH CARE | Defining
EXCELLENCE
in the 21st Century

- Do you want to lose weight?
- Do you want to lower your risk for a heart attack?
- Do you want to decrease your blood sugars?



 **MOVE!**[®]
WEIGHT MANAGEMENT PROGRAM
FOR VETERANS

Five Health Reasons for Losing 10% of Your Weight

1. Lower risks of heart disease, heart attacks and stroke.
2. Reduce risk of diabetes and help control blood sugar levels if you are already diabetic.
3. Reduce your blood pressure.
4. Decrease your joint pain.
5. You will feel better overall, and have more energy. Set a goal to lose 10%, and “Go for it!”

MOVE! Is a national VA program designed to help Veterans lose weight, keep it off, and improve their health.



**FREE FOR
VETERANS!**

Ongoing support from the MOVE! team, which includes a dietitian, health psychologist, physical therapist and physician.



**MOVE! Options, your
CHOICE!**

- Weekly 1-Hour Group Classes
- Individual Sessions
- MOVE! at home:

Videoconferencing to home

DVD program

Telephone program

**Call the MOVE! program to
get signed up!**