



If you are ready to MOVE!

Just come...No appointment is needed!

MOVE Level I meets the

FIRST and **THIRD**

Thursday mornings

10:30 am - 12 noon

Room SO103

Main Building Primary Care Area

2011 SCHEDULE

Jan 6	May 5	Oct 6
Jan 20	May 19	Oct 20
Feb 3	Jun 2	Nov 3
Feb 17	Jun 16	Nov 17
Mar 3	Aug 4	Dec 1
Mar 17	Aug 18	Dec 15
Apr 7	Sept 1	
Apr 21	Sept 15	

For additional information pertaining to the MOVE program call:
225-6100 ext. 5120



VA Central California Healthcare System
2615 E. Clinton Ave.
Fresno, CA 93703



IB 10-339 P96385 June 2010

2011 SCHEDULE



Strive for a Healthy Weight!

Live Well!

Eat Wisely ★ MOVE! More ★ Weigh Less



www.move.va.gov



National Center for Health Promotion and Disease Prevention

Office of Patient Care Services
Veterans Health Administration
www.prevention.va.gov

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!





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 and wellness through healthy eating, physical activity, and behavior change
- ★ Support to help you reach your initial goals with ongoing maintenance
- ★ Lifetime and lifestyle focus

MOVE! Benefits you by:

- ★ Greatly reducing your risk of heart disease, type 2 diabetes, and many other chronic illnesses.
- ★ Teaching you techniques to achieve and maintain a healthy active lifestyle for life.
- ★ Helping you to be active so that you can enjoy retirement, family and friends.

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

It's 90 minutes that can change your life!



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.

