



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.
- ★ Make lifestyle changes that you can maintain.
- ★ Weigh yourself at least weekly.
- ★ Keep a daily record of what you eat and your physical activity.
- ★ Ask your family, friends, and MOVE! team for the support you need.
- ★ Make other life changes to help reach and maintain your desired weight.
- ★ Celebrate your success!

Ready to Get Started?

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

We offer an initial class called Basics of Weight Management and a 4-month weight management program by telephone and video. Day, evening and Women's groups available.

To schedule, call (503) 273 - 5112.

For more information about MOVE!®, contact us through any of the following methods:

MyHealthVet Secure Messaging
MOVE_Weight Management_Portland_HPDP

MOVE!® Program Voicemail
Call: (503) 220 - 3482 or
1 (800) 949 - 1004 ext. 53482
Leave a message with your name, last 4 SSN, clinic location, and any questions.

MOVE!® Program Address
VA Portland Health Care System
MOVE! Program (V5-MOVE)
1601 East 4th Plain
Vancouver, WA 98661

<https://www.portland.va.gov/services/move.asp>

Check out the MOVE! Website to learn about different ways to participate in MOVE!

www.move.va.gov



Live Well!
Eat Wisely ★ MOVE! More ★ Weigh Less

Strive for a Healthy Weight!

www.move.va.gov



VA



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

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VA



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

www.prevention.va.gov



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

Managing your weight helps maintain good health now and in the future.



Thinking About Losing Weight?

We Are Ready to Partner with You!



Day, Evening and Women's Groups available by telephone and video. On-site classes are currently on hold due to COVID-19.

Call 503-273-5112 to schedule into our MOVE! Basics of Weight Management Class.

This 90-minute class goes over the basics of nutrition, getting started in physical activity, and goal setting for positive lifestyle change to support your weight loss goals.

Not ready to attend class? That's ok. You can take a self-assessment on-line called the MOVE11 Questionnaire to help guide you and give you tips for weight management. Visit website listed below.

www.move.va.gov/Move11.asp

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.

