



MOVE! Team

Oklahoma City VAMC

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For more information visit
www.move.va.gov

OKLAHOMA CITY VA MEDICAL CENTER
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Oklahoma City, OK 73104

Main Telephone: 405-456-1000

www.oklahoma.va.gov



About the MOVE! Program

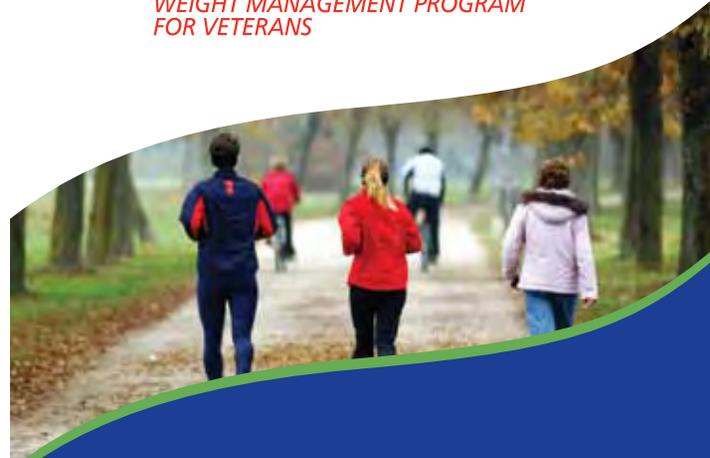
MOVE! is a national VA program designed to help Veterans make lifestyle changes to manage weight.

MOVE! emphasizes health and wellness through nutrition and physical activity behavior change

MOVE! focuses on you as an individual giving you the tools you need to improve your health.

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.



MOVE!

Weight Management Program

Oklahoma City VA Medical Center



For YOU and YOUR loved ones,
make a MOVE! to manage your
weight

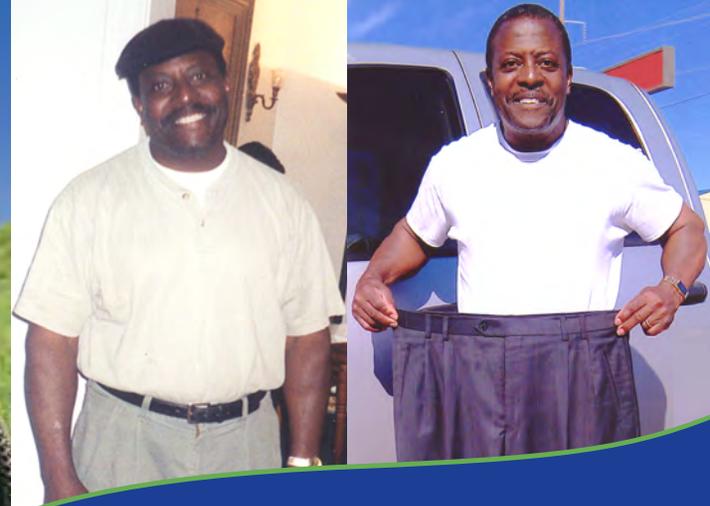


Defining
EXCELLENCE
in the 21st Century



Did You Know?

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



Here is one of the many OKC VAMC Veterans who succeeded with MOVE!

Weight Management

- ★ Improves energy and mood
- ★ Improves self-esteem
- ★ Decreases joint pain
- ★ Lowers blood pressure
- ★ Lowers blood sugar
- ★ Lowers blood cholesterol
- ★ Improves sleep patterns

How can you participate?

Options include group classes, individual appointments, women's only groups, and participation by cell phone.

Live too far away to participate? Ask about TeleMove and manage your weight from your phone!

Your MOVE! team will follow up with you and track your progress and help you meet your goals.

If you are ready to MOVE!

1. Ask your primary care team to refer you to MOVE!
2. You will be asked to complete the MOVE!23 questionnaire. You can do this now at www.move.va.gov/Move23.asp.
3. Attend walk-in MOVE! Orientation
4. See the section to the left on how you can participate in MOVE!

Visit a walk-in MOVE! Orientation Class to learn more.

Oklahoma City

2nd and 4th Wednesday of each month
from 3:00 PM to 4:00 PM
Chase Auditorium, Room GD102

North May

Thursdays from 11:00 AM to 12:00 PM

Lawton

Wednesdays from 10:00 AM to 11:00 AM

James D. of Oklahoma City says:

During a six-month checkup my doctor told me that I was overweight and I was told about the **MOVE!** Program...I made a decision to sign up right away. I tried it, and it *worked*. On the MOVE! Program I lost over **20 pounds** and **two pant sizes**.

The VA has a program just right for anyone who wants to “MOVE! it and LOSE it.”

The Nutritionists in the MOVE! Program are the best in helping you reach your goals.

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

