The MOVE! Program for Veterans is an evidence-based, self-management program which focuses on health and wellness through healthy eating, physical activity, and behavior change. MOVE! helps Veterans lose weight, keep it off and improve their overall health. MOVE! is offered at all VA Medical Centers and their Community-Based Outpatient Clinics across the nation. MOVE! is the largest and most comprehensive weight management program associated with a medical care system in the United States.

Encouraging healthy eating behavior, increasing physical activity, and promoting even small weight losses can reduce health risks, prevent or reverse certain diseases, and improve quality-of-life and longevity. Focusing on readiness, motivation, and the use of SMART goal setting, helps to get Veterans on the right step to begin their weight loss journey.

The Saginaw VAMC offers several MOVE! Program options including weekly or bi-weekly group sessions which are offered in person or via video conferencing to outpatient clinics, individual visits focused specifically on nutrition and exercise, group exercise classes called BAM (Be Active and MOVE!), TeleMOVE! which is in-home messaging program involving frequent reminders to stay on track with weight management goals, MOVE! Telephone Lifestyle Coaching for those Veterans who prefer one-on-one contact via telephone with a designated weight management coach, and our MOVE! Coach mobile app for Veterans who prefer to manage their weight on their own (currently available on the iOS devices only).

“The things I’ve learned from MOVE! have already made a big change in my life. I’m eating better choices and doing the correct kinds of exercise for my personal health conditions. At present, I’m looking forward to more weight loss, more exercise, and hopefully taking less medication. This was the best health decision I’ve ever made, to attend MOVE! Classes,” states one Veteran who has been involved in MOVE!

In addition to the above programs, our facility also offers a more intensive residential MOVE! option to Veterans who are actively participating in the MOVE! Program. This program is a residential 12-day program for Veterans with a BMI of 40 or higher, or 35 or higher with severe medical problems due to their obesity, and who have already completed one of the initial MOVE! Program options. During this 12-day intensive program, Veterans attend educational classes with the multidisciplinary team, attend scheduled exercise sessions, and work with staff.
to better understand eating cues and behaviors related to overeating and to develop lifestyle changes that help them to continue and maintain lost weight.

Staff have recorded significant weight loss in Veterans, as well as major reductions in the amount of medication Veterans are taking due to the improved health from their participation in the MOVE! programs.

Veterans can now self-refer to the MOVE! Program. For more information please call Sonya Mack, RD, CDE (989) 497-2500 extension 13846.

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center, with an additional 8-bed acute medicine and telemetry wing. It provides care to over 35,400 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at www.saginaw.va.gov.

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