Veterans Take Health into Their Own Hands

"#OwnIt"

Did you know the Aleda E Lutz VA Medical Center in Saginaw, MI has a weight management program just for you? The VA’s MOVE! Program is FREE for Veterans who are enrolled in VA health care, and for VA employees. This easy to join program offers a significant benefit which allows participants to feel better than they have in years. Joining the MOVE! Program gives you access to a free body analysis on our state of the art DEXA scanner, one-on-one and group fitness instruction, personalized health coaching, menu planning, and group education classes. The MOVE! Program provides amazing tools to help you learn how to make minor changes over a lifetime to keep the weight off and feel great!

One of the most popular components of the Saginaw VA MOVE! Program is the Healthy Teaching Kitchen (HTK). The HTK is the method VA Registered Dietitian Nutritionists use to provide cooking classes to help Veterans manage their weight, learn easy food preparation tips, and healthy cooking techniques. The HTK focuses on simple ways of preparing healthy meals and removing the stigma that all healthy cooking must be complicated. In fact, the recipes and techniques are so easy that after attending class, 83% of Veterans report learning a new cooking technique and plan to make the recipe at home. Recipes chosen for the HTK class are simple to prepare and enhance the Veterans ability to cook at home. Recipe ingredients are locally sourced when available and some are grown right on VA grounds!
Recipes which are the most popular with Veterans include: various stir fries using chicken or tofu, salads, balsamic chicken and vegetables, spicy quinoa and black beans, pumpkin oatmeal, and cauliflower fried rice. Veterans have stated HTK classes are informative and helpful. Over the past 12 months, 97% of Veterans surveyed agreed they learned new recipes in class which would help them on their journey towards healthier living! After attending an HTK class, 95% of Veterans stated they are more confident in their ability to reach their personal health goals!

Want to join the program? It is as easy as calling our MOVE! Team today at (989) 497-2500 extension 13846, or drop in to one of our MOVE! Informational Classes offered the 2nd Thursday or 3rd Friday of every month at 1:00 p.m. at the main facility (Room 2325, 2nd floor) or the Community Based Outpatient Clinics. No referral or consult required!

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 36,700 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](http://www.saginaw.va.gov).

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