

How can I be referred to the **MOVE!** Program?

If you are ready to make the lifestyle changes needed to live a healthier and longer life, you can self-register by scanning the QR code below and completing the on-line form.



FOR MORE INFORMATION
CONTACT:

360-475-5588 (Health Promotion)

To learn more about the
program, visit

MOVE! Program Website
www.move.va.gov



CONTACT

Health Promotion and Wellness
Center

Naval Hospital Bremerton
One Boone Rd
Bremerton, Washington 98312

(360) 475-5588



What is **MOVE!**?

MOVE! is a national VA program designed to help you lose weight, keep it off, and improve your health.

The program is offered virtually through the Naval Hospital Bremerton by a certified MOVE Health Educator.

What topics are covered in the program?

A variety of topics will be explored including:

- The basics of weight loss and weight control
- Eating wisely
- Dining out successfully
- Positive lifestyle behavior changes
- Setting “SMART” goals
- Maintaining motivation
- Managing stress
- Overcoming weight plateaus
- Being active to tip the balance
- Getting fit for life

Program Features

- Emphasis on health and wellness through nutrition, physical activity and behavior modifications.
- Positive lifestyle focus

- Patient-centered
- Individually tailored to meet your needs
- Regular follow-up and support

Program Options

MOVE! Coach



- **MOVE!** Coach is a phone app (application) that offers a new way



to participate in **MOVE!** It is a portable way to manage your weight. **Apple iOS 6.0 or higher required (iPhone or iPad).**

- This 19 week self-guided program provides everything you need to set, track and achieve your diet, physical activity and weight goals.



MOVE! Group Classes

- You can participate in virtual group sessions on nutrition, physical activity and tips for behavior and/or lifestyle change.
- The classes consist of 16 weekly sessions and are offered at varying times and days.
- Participants must start classes from the beginning.
- You can share what you have learned, receive support, education, and benefit from the experience of others.
- You will receive an email prior to class to test your connection and enter the virtual classroom 15 minutes prior to class.