



VA



U.S. Department  
of Veterans Affairs

### ***What is MOVE! Managing Overweight and/or Obesity for Veterans Everywhere!***

**MOVE!** is a weight management, health promotion program designed to improve the lives of Veterans. This program is presented by experts in the field of: Nutrition, Exercise, Behavior Modification, Pharmacy, and many others.

Losing weight is a journey that requires different approaches and we offer programs that can help assist you in achieving your weight loss goals.

Please see a brief description of what we offer for **MOVE!** Programs and talk to your provider or MOVE! Coordinator if you have any questions of what may be best for you.

No referral is needed for **MOVE! Basic**, however there are a few **MOVE!** Programs that need clearance from your provider. Please refer to the grid below.

### ***Who should take advantage of this program?***

- Veterans who are overweight or obese as determined by Body Mass Index (BMI) >25

We ask for your feedback to make sure we are meeting your needs.

### ***Step 1- Everyone needs to complete this one.***

We recommend that everyone start with **MOVE! Basic**, which is the structured introductory 4-week program to self-management classes and get you started in your weight loss journey. It covers the following topics:

Nutrition, Exercise, Medications and Behavior Modification

**Montrose:** *Montrose building 14, room 6*

**Castle Point:** *Bldg. 15 room 128 - Jefferson Conference room*

**VA Outpatient Clinics:** *via Video Technology*

This is offered at all sites and it starts **every 1<sup>st</sup> Wednesday** of the month.

### ***Step 2- All of the programs listed below are optional, however we recommend that you join another program of your interest right after completing MOVE! Basic for greater success.***

Veterans who participate in MOVE! programs for 6 months or more have greater success in losing weight and keeping it off through support and supervision. Please visit our website to see the many success stories our Veterans share. <https://www.move.va.gov/move/successStories/>



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| Name of MOVE! Program & Contact information  | Frequency-Location   | Description  |
|--|--|--|
| MOVE! Support<br>Contact: Louise Turino<br>914-737-4400 x 3836<br>Castle Point: Nydia Febus-Rodriguez<br>845-831-2000 x 5007 | Offered weekly on Wednesdays at 9-10 am<br>Montrose bldg. 14 room 6<br>Castle Point Multipurpose room and<br>For <b>Outpatient clinics offering contact PACT team</b>                  | Support group meetings that will help you continue with your weight loss journey and maintenance which focus on many topics related to weight loss |
| MOVE! Advance<br>Contact: Louise Turino<br>914-737-4400 x 3836   | Offered weekly on Tuesdays at 10 -11 am<br>Montrose Bldg. 14 room 6<br>Castle Point Building 15 Room E-128   | Holistic approaches to Weight Management, includes, Mindfulness, Aromatherapy, Alternative Medicine, Spirituality, and more.                       |
| MOVE! Fitness<br>Contact: Perry Hartmann<br>845-831-2000 x5311   | Offered Monday, Tuesday and Thursday Friday at 8 -9 am<br>Tuesdays and Thursdays at 1pm<br>Castle Point Rehab Department<br><i>*Need medical clearance and referral to participate</i> | Focuses on circuit training exercise and weight loss   |
| MOVE! Nutrition<br>Contact: Louise Turino<br>914-737-4400 x 3836   | In person at Castle Point the 1 <sup>st</sup> and 3 <sup>rd</sup> Friday 8:30-11:30 apt. no consult needed   | Individual nutrition counseling and plan for weight loss   |
| MOVE! KT Contact:<br>Jason Orłowski<br>914-737-4400 x 3458   | Daily at 1-2 pm<br>Montrose Bldg. 18 Fitness Center<br><i>*Need medical clearance and referral to participate</i>  | Focuses on circuit training exercise and weight loss   |
| MOVE! Be Active<br>Contact Perry Hartmann<br>845-831-2000 x5311  | Offered weekly Mondays 10 am<br>Castle Point Rehab Department and via Video technology to the VA Outpatient Clinics  | Low impact exercise for patients initiating exercise program   |
| MOVE! Tele-MOVE!<br>Contact: Louise Turino<br>914-737-4400 x 3836  | Interactive Voice Response (IVR)<br>Allows you to enter your weight over the telephone so your Care Coordinator can keep up with your progress   | Individual Nutrition counseling for weight loss  |
| MOVE! Bariatric<br>Contact: Louise Turino<br>914-737-4400 x 3836   | Offered to patients interested in Bariatric surgery at the Bronx for support pre and post-surgical procedure<br>Needs referral   | Nutrition counseling in preparation for life changing procedure  |