Make a choice…

Make a plan…

Make a *MOVE!*…

ARMY MOVE!

For more information about **Army *MOVE!*** visit:
https://www.us.army.mil/suite/page/248187
or email: usachppm.armymove@us.army.mil

Army *MOVE!* is the Army's standardized weight management program adopted from the VA National Center for Health Promotion and Disease Prevention.

USAPHC
U.S. ARMY PUBLIC HEALTH COMMAND
http://phc.amedd.army.mil
1-800-222-9698

TA-137-0511

ARMY MOVE!

to a healthier weigh!

Personalized
Weight Management Program
for:

Active Duty
Reserve
National Guard
DA Civilians
Retirees
Military Families

Reasons to join Army MOVE!?

- Identify and overcome your obstacles to weight management
- Can be done at your convenience
- Lose Weight – Feel Great
- Make your weigh-in and tape
- Enjoy a healthy relationship with food
- Get 24/7 community support through online discussion forums
- Available at no cost to you
- Both online and Face to Face programs meet the requirement for weight control counseling per AR 600-9 (5th endorsement).

What is Army MOVE!?

A weight management program to help you lose weight, keep it off and improve your health. It is designed to help you discover nutrition and physical activity strategies that will get you started on your "weigh to success."

Program Features:

- Individualized tailoring to meet your weight goals.
- Coached by Registered Dietitians and Healthcare Educators.
- Lifetime and lifestyle focus.
- Emphasis on health and wellness through nutrition and physical activity/behavior change.
- Interactive real time sessions offered ***Online*** (your computer) or ***Face to Face*** (Medical Treatment Facility (MTF) or Wellness Center).
- Upon request, we can tailor the program to meet your unit needs (NG/USAR).

Ready to get started?

It's Easy as 1, 2, 3...

1. **Complete the online *MOVE!* 23 Questionnaire:** http://chppm-www.apgea.army.mil/move23/register.asp

2. ***Review and Print your personalized patient report.*** This report includes a summary of recommended classes and handouts! It is for your reference and to share with your healthcare provider.

   Record your Personalized Retrieval Code below for future access to your Patient Report. This code is displayed at the end of the ***MOVE!* 23** Questionnaire.

   Retrieval Code:

3. **Find a Class**

   Online Class:

   Register for Army ***MOVE!*** and check listings for available classes by accessing Army Knowledge Online (AKO) at: https://www.us.army.mil/suite/page/248187

   (On-line coaching is appropriate if you prefer working on the web, are motivated to change, and/or if there is no MTF located near you).

   Face to Face Group Sessions:

   Contact your nearest MTF or Wellness Center for information on class offerings.