

VA



U.S. Department
of Veterans Affairs

Fargo VA Health Care System Press Release

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Fargo VA Health Care System celebrates 10-year anniversary of MOVE! program

FARGO, N.D. – Help the Fargo VA Health Care System celebrate the 10-year anniversary of the VA’s MOVE! program, Sept. 17, by learning more about the health promotion program that has helped Fargo VA HCS Veterans lose over nine tons of excess weight over the last decade.

MOVE! is designed to improve the lives of Veterans through the management of weight. Bill Svien, a Veteran and MOVE! success story, will be on hand, Sept. 17, from 11 a.m. to 12:30 p.m., in the entrance of the Fargo VA Medical Center sharing his experience with MOVE!

Learning he was pre-diabetic scared Bill into taking action. He joined the MOVE! program in January 2014. Since joining, he has lost close to 60 pounds. He found great motivation meeting with MOVE! staff one-on-one one to two times each month.

People interested in MOVE! can stop by the information booth in the medical center entrance, Sept. 17, from 9 a.m. to 2 p.m., and talk with VA staff (or Bill from 11:30 a.m. to 1 p.m.) about the program or to sign up and register for free prizes.

For people who prefer to manage their weight on their own, the VA has designed a new phone app available to anyone, even non-Veterans, that offers a new way to participate in MOVE! MOVE! Coach Mobile is a 19-week self-guided program that lets participants set, track and achieve their weight goals. It works with iPhones or iPads 6.0 or higher. Track calories, exercise, weight; get personalized graphs, and view 42 educational videos.

The VA serves more than nine million of the 22 million Veterans in the United States. This makes the MOVE! program the largest and most comprehensive weight management program associated with a medical care system in the United States. The program’s goals are to screen every Veteran who obtains care through the VA for obesity on an annual basis, refer individuals to weight management services, and make available different treatment options that fit the needs and lives of Veterans.

More about Bill Svien’s success story: Bill sticks to a 1,800 calorie-per-day diet, replacing cookies and milk with fruits and vegetables. He also eats breakfast every day and has made exercise part of his daily routine. He spends one hour each day either walking or riding his bike a

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minimum of six days each week. “If I don’t work out, I feel guilty,” Bill says. He has purchased a stand for his bike so he can continue to ride his bike indoors during the winter. With his drop in weight, he has seen improvements in his blood pressure and his cholesterol. He’s “very thankful” for the great support he has received through the MOVE! program.

ATTENTION MEDIA: Members of the media wanting to cover the event must RSVP by 4 p.m. on Sept. 16. For more information, call the Fargo VA HCS Public Affairs office at (701) 239-3724.

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