



VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Milwaukee VA Medical Center and Clinics

BE ACTIVE AND **MOVE!**

Being physically active is one of the best ways to manage your weight and health conditions.

All Americans should strive to achieve at least 150 minutes of moderate physical activity per week or about 30 minutes 5 days each week. This activity can be broken down into smaller segments as little as 5 minutes. Every little bit counts!

Be Active and **MOVE!** is a 6-week group physical activity program held via VA Video Connect so you can exercise from the comfort of your own home. The goal of the program is to teach you how to be physically active on your own and is not intended to be your sole exercise program.

A Milwaukee VA Medical Center Occupational Therapist (OT) will lead the 45 minute group education and physical activity sessions using live broadcast.

Wear comfortable clothing and shoes. You may also want to have a water bottle ready.

You must agree to:

- ◀ Attend all 6 sessions
- ◀ Practice the physical activities on your own, between the group sessions
- ◀ Monitor your weight and keep track of your food/drinks and physical activity
- ◀ Participate in at least one additional **MOVE!** Visit per month

2023 Sessions
6 Tuesdays, 4:15-5:00 p.m.

February 7, 14, 21, 28 & March 7, 14

**To enroll or for more information,
contact your **MOVE!** Team or**

Jill Taxman, OT
414-384-2000 or toll-free 1-888-469-6614
extension 42893