



Weight Management Program

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Weight Management Program

- Briefing Outline
 - Purpose and Background
 - MEDCOM-Wide Deployment
 - Army MOVE! Online



Weight Management Program

PURPOSE: To promote Readiness through Health and Fitness. Army *MOVE!* is part of the VA/DoD Weight Management Initiative to standardize weight management programs across all services.



Weight Management Program

- Provides intensive multimodal educational approaches that lead to weight loss:
 - nutrition
 - physical activity
 - cognitive/behavioral modifications
- Includes procedures for a multi-disciplinary approach to assessment, intervention, and maintenance.



ARMY MOVE![®]

Weight Management Program

- An online interactive questionnaire will be used to assess readiness of program participants to participate in a weight management program, when available.
- Health care providers will offer a tiered approach to weight management, to include self-help, individual counseling, and group support, whenever possible.



Weight Management Program



The Army *MOVE!* Logo



ARMY **MOVE!**[®]

Weight Management Program

Ft. Leavenworth Deployment:

- *Active Duty Weight Control Program*
- *Warriors in Transition Unit (if applicable)*
- *Post-wide including Family Members*



Weight Management Program

MOVE! provides a variety of online patient educational tools/handouts and classes provided in real-time. To access Army MOVE! online go to the AKO website and select the *Self Service tab*.



Welcome, Deborah Simpson (CAC Session) | Help | Logout

Navigation icons: Email (9+), Files, Discuss, Groups, Forms, Video, People

Monday, 23 March 2009

AKO News	Army Wide Announcements	Early Bird News
	18 Mar 2009 GMT - GOT RISK? MESSAGE & P... FORT RUCKER, Ala. (Mar. 18, 2009) – Weekly sa... Accompanying posters summarize Army lo...	
	16 Mar 2009 GMT - 10 Mar 2009 GMT - Depart... This Department of the Army pamphlet is publishe... and it encompasses Army accid...	
	5 Mar 2009 GMT - Area Support Group Qatar Photo and Article by Dustin Senger. CAMP AS SA... David G. Cotter, Area Support G...	

Celebrating National Women's History Month
Women have served in the United States Army throughout its 233-year history, placing the needs of their Nation above their own. Their dedication is honored in a [message from Army Leadership](#).

Soldiers redeployed from a combat zone, click the logo to comply.

Quick Poll

Do you like AKO's new virtual business card? (To see it, hover your cursor over a user name anywhere it appears on the

- Antivirus Services
- Army e-Commerce
- DA Pubs & Forms
- My Benefits
- My Clothing
- My Education
- My Finance
- My Legal
- My Library
- My Medical
- My Personnel
- My Readiness
- My Security
- My Training
- My Transition
- My Travel
- My Weather
- More Self Service

ship. Visit the AKO News Center for more news

[more] More safety and readiness information

R 385-10

[more]

Army Col.

[more]



rence is open only to Public's Practitioners.

[Public Affairs Symposium](#)
Agency Crystal City, Arlington, Va.

MY ALERTS

- New Notifications (0)
- New In My Files (93)
- New In My Blogs (0)

MY PROFESSIONAL DATA

- View the status of your family members: [My DEERS](#)
- View your leader development resources: [My Leader Development](#)

TOOLBOX

- Manage My Groups
- Edit My Favorites
- Edit Notification Settings
- Create a Site
- Create a Page
- View My Profile

ARMY LINKS

- DA Photo
- MyPay
- OMPF Reserve

MY WEATHER

View personalized weather



Register for one of the Ultimate Warrior Communities below for free online classes from registered dietitians and health promotion experts



Tired? Need more energy?

Begin shedding pounds and improving your health today by joining the **Army Move!** program. Start by clicking [here](#).



Bulking UP?

HOOAH Bodies has consultation on dietary supplements, body building, endurance training and sports nutrition. Click [here](#) to begin!

* Partnering with the VA

ARMY MOVE!
WEIGHT MANAGEMENT PROGRAM **USACHPPM**

Home Register! Nutrition Resources Hall of Heroes Classes Instructors Exercise and Fitness Behavior Change Forums FAQs

ARMY MOVE! is a national weight management program adopted from the VA National Center for Health Promotion and Disease Prevention. This program is designed to help soldiers lose weight, keep it off and improve their health.

Are You Ready?

- Why Get Into **MOVE!**
- How Do I "Get Into" **MOVE!**
- **MOVE!23** Patient Questionnaire

Information For Health Professionals

- Why **MOVE!** Needs You
- Entry Into **MOVE!**
- **MOVE!23** Patient Questionnaire



IOVE FAQ Below

Options

**** Please refer to the new FAQ ****

OR [Pop-up version](#)

Army MOVE Registration Instructions >>>

Options

To start, simply complete the Following 2 Steps:

- 1. Complete the Electronic DD 2870, Authorization for Disclosure of Medical or Dental Information (Complete only section 1 and electronically sign) on AKO. The only information needed on this form is your name, DOB, SSN and signature. Indicate "N/A" on the other sections. To access this form, click on the My Forms button on the top right, then search for DD 2870, click the first choice. This form will come up. The signature is electronically enabled. Fill it out and send it to richard.demetriacian for approval.
- 2. Complete the survey below. Completing these two forms is required before becoming a community member. Once this is done, you will be provided access to all resources of this site, and you will receive an email confirming your access. You will also be able to click on the scheduled class of your choice at the time of the session and join the class.

Requirements to participate:

You will need a high speed internet connection to participate. Voice Over Internet Protocol (VOIP) is used and you will need speakers on your computer to hear the instructor. If you wish to do more than text chat to the instructor or class participants, you will also need a microphone.

* Scheduling these classes will NOT enroll you into the Army Weight Control Program. You may schedule classes even if NOT flagged. Your attendance in this program is confidential and will only be reported to your commander, upon your request.

Please read the F&Q mentioned above, and if your question is not answered please email:

Error on page.



Address: <https://www.us.army.mil/suite/portal/index.jsp>

Search: Google My MSN M&T E-1570 AKO Hooah Bodies DCO Hometown Auto Verizon Biscayne InterfaceLIFT Pen Fed

17 Mar 2009 15:52 GMT

**** Attention Participants ****

Please note the following changes in the class schedule:

18 March 2009 (Wednesday) - Module 11 (time of class has changed from 1000 to 1300)

28 March 2009 (Saturday) - Module 5 (time of class has changed from 1400 to 1000)

Current < Previous | Next > Archived

Module Listing >>>

Options

NEW!

The class schedule page has been broken into multiple pages. Please use the list below to look for classes based on module number. Remember: You are **REQUIRED** to take Module #1 first.

[Module 1 - An Introduction to ARMY Move!](#)

[Module 2 - Stepping out with my Pedometer](#)

[Module 3 - What's in Your Food?](#)

[Module 4 - Fit for Life](#)

[Module 5 - Trim the Fat](#)

[Module 6 - Play it Safe](#)

[Module 7 - Tip the Balance](#)

[Module 8 - If at first you don't succeed...PLAN](#)

[Module 9 - You are the Boss](#)

[Module 10 - Oops, I did it again! Coping with slips](#)

Army MOVE! Discussions (formerly WTS)

1 - 5 of 41 < [1] 2 3 4 5 > Show 10 20 50 100

Create a Topic Remove from Favorites

Topic	Last Message
Diet and Nutrition	13 Mar 2009 19:07 GMT By: stacy.m.enyeart
Success Stories	15 Jan 2009 15:59 GMT By: nicole.charbonneau
Fitness	4 Dec 2008 19:55 GMT By: rob.m.dixon
Dietary Supplements	3 Dec 2008 19:44 GMT By: rob.m.dixon
Mind and Body Connection	20 Jul 2007 20:55 GMT By: kelly.b.sutton

1 - 5 of 41 < [1] 2 3 4 5 >

Module 1 - An Introduction to Army MOVE! >>>

Options

Upcoming Events

[Full Month View](#) [Add Event](#)

Event: Welcome To ARMY Move!
Time: 3/30/2009 8:30 EST - 3/30/2009 9:30 EST
Location: Online
Summary:



Instructor: CPT Bethany Deschamps

Please use link below and sign in as a guest.

<https://connect.dco.dod.mil/armymoveclass1>

ARMY MOVE!
WEIGHT MANAGEMENT PROGRAM **USACHPPM**

* Partnering with the VA

Home Register! Nutrition Resources Hall of Heroes Classes Instructors Exercise and Fitness Behavior Change Forums FAQs

Nutrition Handouts (DTTs) >>> Options

General Resources Options

Nutrition

- [N 01 All Foods Can Fit](#)
- [N 02 Calcium](#)
- [N 03 Dairy](#)
- [N 04 Hunger and Fullness](#)
- [N 05 Eating At Home](#)
- [N 06 Eating Well On A Budget](#)
- [N 07 Fast Food Alternatives](#)
- [N 08 Fat Out Flavor In](#)
- [N 09 What Are Types Of Fat](#)
- [N 10 Food Nutrition Label](#)
- [N 11 Food Label Quiz](#)
- [N 12 Healthy Plate](#)
- [N 13 Fruit](#)
- [N 14 Food Record](#)
- [N 15 Sodium](#)
- [N 16 Special Occasion Eating](#)

Safety Alert!



MUST READ! If you are taking Redline Rush or if you are thinking about taking it as a dietary supplement, please read the following product review.

[Click here for the full USARIEM product review \(2007\)](#)



AITTC PowerPoint Presentation -- Advanced Individual Training Trainers Course. This training covers IET Health and Nutrition Issues.

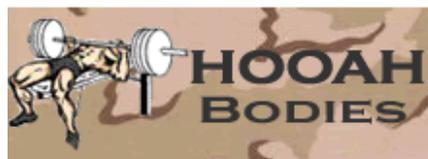
[Click here to download the presentation](#)



Making it Fresh - Gourmet DFAC Dining video -- This video describes the planned construction for DFACs in the future. It covers the design of the facilities and of the food that is planned to be offered.

[Play](#) | [Download](#)

Link to HOOAH Bodies >>> Options



Want to tone up and build muscle mass? Visit our HOOAH Bodies community

SNBC - Smart Fitness >>> Options

Article(s) 1-5 of 37

Next>>

Dance like the stars — don't get hurt like them



Experts say the injuries that caused two "Dancing With the Stars"

contestants to drop out are a cautionary tale about the importance of taking things slowly when starting to dance.

Exercising etiquette: Don't be a gym diva



Heading to the gym to blow off some steam? Good idea, as

long as you don't take out your stress on everyone around you.

Physical Activity Resources >>> Options

Physical Activity » View this Folder in AKO Files

Folders

Show 10 [20] 50 100

Name

Size

There are no Folders in this Folder.

Documents

1 - 20 of 37 [1] 2 Show 10 [20] 50 100

Name

Size

File Type

P 01 Barriers to Physical Activity	136 KB	Adobe Acrobat
P 02 Benefits of Regular Physical Activity	69 KB	Adobe Acrobat
P 03 Calories Burned During Physical Activitie...	42 KB	Adobe Acrobat
P 04 Why Warm-Up Cool-Down and Stretch	100 KB	Adobe Acrobat
P 05 Indoor Physical Activities	128 KB	Adobe Acrobat
P 06 Exercise Can Be Fun	124 KB	Adobe Acrobat
P 07 Exercise On A Budget	66 KB	Adobe Acrobat
P 08 How Hard Should I Exercise	83 KB	Adobe Acrobat
P 09 How To Take Your Heart Rate	94 KB	Adobe Acrobat
P 10 If You Sit Or Stand Move	133 KB	Adobe Acrobat
P 11 Lack Of Time For Physical Activity	100 KB	Adobe Acrobat

Camera and Voice



DEMETRICIAN, RICHARD J

Talk

Attendee List (1)

My Status

DEMETRICIAN, RICHARD J CTR

Chat

The chat history has been cleared.

DEMETRICIAN, RICHARD J CTR: Hello and Thank You for Joining The ARMY Move Community. We are glad to have you with us!

To: Everyone

Note Pod

30 March 2009

Welcome to the orientation session (Module 1) of Army Move! I am CPT Bethany Deschamps and I will be your facilitator for this session.

We will begin the class at 0830 hrs (EST).

While we are waiting for others to join us, please complete the Module 1 poll (below).

If you have completed the MOVE! 23 questionnaire, please email me your retrieval code. My email address is:
bethany.deschamps@us.army.mil

Please email me your current weight, height, and weight loss goal.

I am looking forward to working with you!

1. How did you first hear about the Army Move! online weight management sessions?

<input type="radio"/> a. Army Knowledge Online (AKO) Website	0%	0
<input type="radio"/> b. Co-worker/Friend	0%	0
<input type="radio"/> c. Health Care Professional	0%	0
<input type="radio"/> d. Other	0%	0
<input checked="" type="radio"/> No Vote		

Broadcast Results

Prepare Open Poll Close Poll 0/1

File Share

Name	Size
GW 01 Why I Have Joined The Move Program	41 KB
S 08 Food and Physical Activity Log.pdf	44 KB
M 05 10 Healthy Gains From A 10% Weight Loss	64 KB
N 14 Food Record.pdf	40 KB
S 10 Change Your Thinking.pdf	102 KB
S 03 A Guide To Using Your Pedometer.pdf	64 KB
S 02 Set Your Weight Loss Goals.pdf	44 KB
P 28 Wheelchair Odometers.pdf	133 KB
P 19 When To Stop Exercising.pdf	144 KB

Upload File Save To My Computer

Web Links

www.sparkpeople.com

www.fitday.com

www.mypyramid.gov

<https://www.us.army.mil/suite/portal/index.jsp>

<http://chppm-www.apgea.army.mil/move23/register.asp>

Browse To



**ARMY
MOVE!**
Weight Management Program

Army MOVE! is deploying MEDCOM-wide!



Weight Management Program

12 class sessions–

STARTING FEB 9TH 2010

Tuesdays @ 8–9:30

ARMED FORCES INSURANCE BLDG