



Cardiovascular benefits of **MOVE!** participation

17%

reduction
in risk for total
cardiovascular
disease



Based on a nationwide study of 1.4 million VA patients, 12 percent of whom took part in MOVE!, VA's lifestyle change program. "Reduced Cardiovascular Disease Incidence with a National Lifestyle Change Program," *American Journal of Preventive Medicine*, online Dec. 6, 2016.

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