

# COMMIT

— TO BE FIT —

It's NEVER too late to get started.

VA is here for you.

- ☑ Move! Weight Management Program
- ☑ Tai Chi Classes and Videos
- ☑ Yoga Instruction & Meditation Podcasts
- ☑ Stay Quit Coach



Women Veterans Call Center: 1-855-829-6636

[www.womenshealth.va.gov](http://www.womenshealth.va.gov) | #WomenVets

VA



U.S. Department  
of Veterans Affairs