

**BEHAVIOR IS THE KEY TO HEALTH.
Be responsible for your own health!**

Here are some other simple things you can do:

- Don't smoke
- Eat healthy. What goes in, goes on.
- Burn it off. Get up and move!



- Maintain a healthy weight
- Don't abuse drugs or alcohol
- Don't stress — keep life in perspective
- Balance your life
- Stay hydrated — drink water
- Keep your immunizations current
- See your provider for prevention screenings and education



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Contact Information

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**VA National Center
for Health Promotion
and Disease Prevention
presents:**

MOVE!

**Managing
Overweight/Obesity for
Veterans
Everywhere!**



**Having a Problem with FIT?
Get Into *MOVE!***



Ask your healthcare provider today
about how to enroll into *MOVE!*

How Can I Lose Weight and Become Healthier?

A person's weight is controlled by a number of things, including heredity, how the person's body processes food and stores fat, what and how much the person eats, and how much physical activity the person does. In every case, however, **when more energy (food!) is eaten than is burned off, a person gains weight. In order to lose weight, a person must take in fewer calories than are burned off.**

Eat fewer calories!

Easier said than done. But if you pay attention to what you are eating and drinking, it's really not too hard to decrease your food intake by about 500 calories a day. That should have you losing about 1 lb. each week, which is a healthier and more permanent way to lose weight than trying to lose it more quickly.

Move more!

Physical activity burns calories. Regular exercise helps us do that, so you will need to begin working that into your life. It is also one of the main things that helps keep weight off! But besides that, just everyday movement helps. Things like walking a little extra distance to the car, taking the stairs, and so. Look for opportunities to move!

Change some of your eating and other behavioral patterns!

Old habits just keep you doing the same old thing, so something has got to change. And it can! Over time, you will work your way into some new habits to replace the old ones. However, don't try to change too much at once. Make one change at a time



Tell Me More:

The **MOVE!** Program is designed to help you lose weight and keep it off

Level 1

- You express interest in losing weight and want to be enrolled in the **MOVE!** Program.
- A clinician measures your height, takes your weight, and calculates your BMI (Body Mass Index).
- You complete **MOVE!** 23 (questionnaire) which then tailors a plan to help you lose weight and become healthier.
- You will then talk with a clinician who will help you set some beginning goals.
- You will be given instructional materials that pertain specifically to you.
- A staff member will provide ongoing follow-up to see how you are doing, provide support, and answer your questions. This may be done by telephone or a clinic appointment.

Level 2

- Everything in Level One plus an bi-weekly or monthly on-site small group weight management/ physical activity sessions. The purpose of the group is to bring together veterans with similar situations for sharing, learning and mutual support.
- You may be scheduled to see a behaviorist, dietician, or other healthcare providers. This team of clinicians will help you reach your goals.

Your health care provider wants you to become healthier and fit. **Start MOVE! today!**

Did you know that one pound of fat is equal to consuming about 3,500 calories of food. So...if you get rid of 500 calories each day you will be on the road to weight loss.

Your Personal Plan:

Set an achievable goal for weight loss. Losing 10% of your current body weight is a good long-term goal. Setting small, daily, or weekly goals is best. Losing a pound a week is good!

I currently weigh _____ pounds

My initial goal is to lose _____ pounds (**example:** If you weight 250 pounds, your goal would be to lose 25 pounds)

Think about how you are going to increase your activity level. Make it simple and realistic. As your fitness improves, add to these goals.

Your final goal is to promise to weigh yourself at least once a week.

Putting goals on paper is helpful because it will help keep you on track. You can revise or add to your goals at any time. You may want to write goals down on a smaller piece of paper and keep them with you so you can read them during the day.

My goals:

1. _____
2. _____
3. _____