



VETERANS

Get Fit for Life



Take the Challenge!

Participate in fun fitness challenges, such as *Walk & Roll* (wheelchair) events, at your local VA medical center or in your community. Also, take the *President's Challenge* for fitness at: www.presidentschallenge.org



Want More Information?
Check out the **HealthierUS Veterans** website.

www.healthierusveterans.va.gov

or call 1-877-222-8387
TDD - 1-800-829-4833



 Department of Veterans Affairs

 Department of Veterans Affairs



Obesity: A Major Risk Factor

If you are overweight or obese, you are at an increased risk for diabetes, hypertension, heart disease and many other diseases that could threaten your health.

There is Help!

The U.S. Department of Veterans Affairs (VA) and the U.S. Department of Health and Human Services (HHS) are on your side. We've created *HealthierUS Veterans*, an initiative to help you get fit.

Here is What You Can Do

Stay active and eat healthy. Regular physical activity and good nutrition helps you:

- Have more energy
- Reduce body fat and weight gain
- Control your blood sugar
- Lower blood pressure
- Decrease "bad" (LDL) cholesterol and raise "good" (HDL) cholesterol



Eat Healthy • Be Active • Get Fit For Life

- Aim for at least 5 servings of colorful vegetables or fruit each day
- Make half your grains whole grains
- Know the limits on fat, salt and sugar
- Have 3 servings of lowfat milk, yogurt, cheese or other calcium-rich foods each day
- Control calories
- Drink water or other low calorie beverages

The HealthierUS Veterans Initiative Can Help You

MOVE!

MOVE! is VA's national weight management program. *MOVE!* can help you lose weight, keep it off and improve your health. Find out more at: www.move.va.gov

Be Active

Ask your medical provider about a "Prescription for Health" to encourage you to be more active. This prescription includes recommended steps to walk or distance to roll in a wheelchair.

Find Health Information

Use My HealthVet as an important source for information about veterans' health and wellness.

www.myhealth.va.gov

R	Prescription For Health <small>Department of Veterans Affairs</small>
	Name _____
	Your Body Mass Index (BMI) is _____
	Your BMI is considered too high and places you at risk for health problems such as high blood pressure, heart disease, diabetes, and other conditions.
	<input type="checkbox"/> I strongly recommend that you increase your physical activity and use a pedometer to keep track of your progress.
	_____ Number of steps to aim for most days of the week.
	Signature of Healthcare Provider _____ Date _____

Connect with Community Programs

HHS's *Steps to a HealthierUS* Programs target diabetes, obesity and asthma by addressing physical inactivity, poor nutrition and tobacco use. Many VA medical facilities and *Steps* Communities are forming partnerships to help you, your family and neighbors to lead healthier lives. Find out if your community has a *Steps to a HealthierUS* Program and how you can get involved.

www.healthierus.gov/steps



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- Use the stairs instead of the elevator if possible
- Stretch while watching TV
- Take a walk (or roll) each day
- Move your body every chance you get
- Park further away from your destination