



Strive for a Healthy Weight



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If you need to lose weight, losing even a little will help. If you are of normal weight, maintain it. Staying in control of your weight helps you be healthy now and in the future.

- **Strive for a Healthy Weight: A Healthy Living Message**
http://www.prevention.va.gov/Strive_for_a_Healthy_Weight.asp
- **Keep Your Health**
http://www.prevention.va.gov/MPT/2012/MO8_KeepYourHealth.pdf
- **Making Healthy Food Choices**
http://www.prevention.va.gov/MPT/2012/SO6_MakingHealthyFoodChoices.pdf
- **Physical Activity Guidelines**
http://www.prevention.va.gov/MPT/2012/P38_PhysicalActivityGuidelines.pdf

MOVE! RESOURCES

- **MOVE! Internet Website for Patients**
<http://www.move.va.gov>
- **MOVE!23 Patient Questionnaire**
<http://www.move.va.gov/move23.asp>
- **MOVE! Success Stories**
<http://www.move.va.gov/SuccessStories.asp>
- **Over 120 different MOVE! Handouts**
<http://www.move.va.gov/handouts.asp?all>

FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

- **Aim for a Healthy Weight**
Why is a healthy weight important?
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm
- **Watch Your Weight**
To stay at a healthy weight, balance the calories you eat with the calories you burn. If you need to lose weight, start by setting small goals.
<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=25>
- **USDA—Choose My Plate: Weight Management**
In addition to helping you feel and look better, reaching a healthier body weight is good for your overall health and well being.
<http://www.choosemyplate.gov/weight-management-calories/weight-management.html>
<http://www.nlm.nih.gov/medlineplus/talkingwithyourdoctor.html>

