



# Getting the Most Out of MOVE!®

**Obesity puts your health and well-being at risk.  
Losing 5–10% of your weight and keeping this off  
can help you protect your health!**



Based on the reports of fellow Veterans and research findings, here is how to get the most out of MOVE!®:

- **Stick with MOVE!® as long as you need to achieve your goals** – Veterans who have at least a 4-month participation in MOVE!® are nearly twice as likely to lose 5% of their initial weight.
- **Check in with the MOVE!® team as frequently as possible** – Veterans who have 8 or more contacts with the MOVE!® team are twice as likely to lose 5%.
- **Even better, do both** – The combination of having frequent contact with the MOVE!® team and working with them for at least 4 months produces even better results.



- **Weigh yourself every day** – For both the process of losing weight and for maintaining your weight loss, weighing yourself every day will help you meet your goals. It gives you immediate feedback and will let you know if you need to change your food intake and/or your level of physical activity.



- **Use both diet and physical activity to meet your goals** – Relying on diet OR physical activity alone is not a good long-term plan.



- **Write it down (or use an App)**– Unless you monitor what you are doing, it's pretty hard to know if there are problems. Writing down your weight, daily food intake, and your physical activity will help you meet and maintain your goals.
- **Work it, baby!**– All Americans should be getting a minimum of 150 minutes of physical activity per week. That number should double to either 300 minutes of moderate physical activity or 150 minutes of vigorous physical activity per week if you are managing your weight. A common story for Veterans who have lost a great deal of weight and kept it off is that they are now exercising for 1 hour per day. The research suggests that you get this time back, plus some. You will extend the length and quality of your life by being physically active.
- **Mix it up over the long haul**– Many Veterans sharing their success stories say that they have participated in MOVE!® in many different ways. For example, starting off with individual sessions, then groups, then virtual programs like TeleMOVE!. Losing a lot of weight takes time. It can help to change up how you participate in MOVE!® as you progress.



- **Remember you're always welcome**– Managing your weight is a lifelong process. We don't encourage anyone to drop out of MOVE!®. But we know that many Veterans try MOVE!® for a few sessions, drop out, and then come back. Many of these Veterans go on to success. Also, it can be easy to lose ground and regain some weight. You're always welcome to return to MOVE!®!