



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/Staying_Healthy/Strive_for_a_Healthy_Weight.asp

MOVE!® RESOURCES

- **MOVE!® Internet Web Site for Patients**

www.move.va.gov

- **MOVE!® 11 Patient Questionnaire**

<http://www.move.va.gov/move11.asp>

- **MOVE!® Handouts**

www.move.va.gov/handouts.asp?all

- **Strive for a Healthy Weight – VIDEO**

http://www.prevention.va.gov/videos/VA_II-Weight_Management_WMV_512Kbps_288p.asx

MOVE!® SUCCESS STORIES

www.move.va.gov/SuccessStories.asp

Feature Stories:

- <http://www.move.va.gov/docs/SuccessStories/MaceyPayerSuccessStory.pdf>
- <http://www.move.va.gov/docs/SuccessStories/JohnThomasSuccessStory.pdf>
- <http://www.move.va.gov/docs/SuccessStories/JohnSkinnerSuccessStory.pdf>
- <http://www.move.va.gov/docs/SuccessStories/DorothyLatsonSuccessStory.pdf>

- **Veterans Health Library:** www.veteranshealthlibrary.org

The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that's consistent with VA clinical practice. Its information, resources, and tools are engaging, "Veteran-friendly" and written in "plain language". No matter where Veterans receive care, VHL helps them understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Items within the VHL on Strive for A Healthy Weight:

- [Strive for a Healthy Weight](#)
- [Weight Management: Healthy Eating](#)
- [Weight Management: Getting Started](#)
- [Be Physically Active](#)
- [Eat Wisely](#)
- [Diabetes and Heart Disease](#)
- [Controlling High Blood Pressure](#)
- [Preventing Cancer](#)

- **HealthLiving Assessment (HLA):**

New "HealthLiving Assessment" Can Help Veterans Improve Their Health

<http://www.prevention.va.gov/HLA.asp>

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>



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- **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>