www.prevention.va.gov

Strive for a Healthy Weight

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/Healthy_Living/Strive_for_a_Healthy_Weight.asp
- Know Your Numbers: Strive for a Healthy Weight http://www.prevention.va.gov/MPT/2016/images/VA_WeightNumbers.png

MOVE! Resources

MOVE! Web site for Veterans
http://www.move.va.gov/

MOVE!11 Patient Questionnaire
http://www.move.va.gov/move11.asp

Weight Management Video
https://www.youtube.com/watch?v=qBJxDNN2BaQ&index=3&list=PL3AQ_JVoBEywH95nwBCpq0mAWbUlMfG0y

Eat Wisely Video
https://www.youtube.com/watch?v=v3zlwvG-yuY&list=PL3AQ_JVoBEywH95nwBCpq0mAWbUlMfG0y&index=1

Be Physically Active Video
https://www.youtube.com/watch?v=9moJtr9PAso&index=2&list=PL3AQ_JVoBEywH95nwBCpq0mAWbUlMfG0y

Managing Stress: Good for Your Health
https://www.youtube.com/watch?v=15GaKTP0gFE&index=15&list=PL3AQ_JVoBEywH95nwBCpq0mAWbUlMfG0y

MOVE! Videos
http://www.move.va.gov/video/index.html
Here's how to get started:
1. SMART Goals
2. How Do I Lose Weight
3. Self-Monitoring, Keeping A Diary

MOVE! Success Stories
http://www.move.va.gov/SuccessStories.asp

Featured Stories:

Diana Owens

William Wade

Caryn Cash

Featured Video: Maintaining Your Weight Management Efforts
https://www.media.eo.va.gov/move/mp4/smg11/smg11_c04.mp4

Healthy Living Matters. Prevention Works.

VA | U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention

MOVE! Handouts

- The Basics of Weight Control
  http://www.move.va.gov/docs/NewHandouts/Standard/S01_TheBasicsOfWeightControl.pdf
- Set Your Weight Loss Goals
  http://www.move.va.gov/docs/NewHandouts/Standard/S02_SetYourWeightLossGoals.pdf
- Pedometer Guide
  http://www.move.va.gov/docs/NewHandouts/Standard/S03_PedometerGuide.pdf
- How Do I Get Started With Changing My Eating Habits
  http://www.move.va.gov/docs/NewHandouts/Standard/S04_ChangingMyEatingHabits.pdf
- How Do I Get Started With Increasing My Physical Activity
  http://www.move.va.gov/docs/NewHandouts/Standard/S05_IncreasingMyPhysicalActivity.pdf
- Making Healthy Food Choices With A Healthy Plate
  http://www.move.va.gov/docs/NewHandouts/Standard/S06_MakingHealthyFoodChoicesWithAHealthyPlate.pdf
- F.I.T.T.
  http://www.move.va.gov/docs/NewHandouts/Standard/S07_FITT.pdf
- Daily Food And Physical Activity Diary
  http://www.move.va.gov/docs/NewHandouts/Standard/S08_DailyFoodAndPhysicalActivityDiary.pdf
- Change Your Behavior
  http://www.move.va.gov/docs/NewHandouts/Standard/S09_ChangeYourBehavior.pdf
- Change Your Thinking About Food, Exercise, and Yourself
  http://www.move.va.gov/docs/NewHandouts/Standard/S10_ChangeYourThinking.pdf
- Getting The Most Out Of MOVE
  http://www.move.va.gov/docs/NewHandouts/Standard/S11_GettingTheMostOutOfMOVE.pdf

- MOVE! Handouts (entire list)
  http://www.move.va.gov/handouts.asp?all

Veterans Health Library
http://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 VHL helps Veterans understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Check out the VHL for more information.

- Weight Management: Getting Started
  http://www.veteranshealthlibrary.org/Search/142,84622_VA
- Weight Management: Healthy Eating
  http://www.veteranshealthlibrary.org/Search/142,84629_VA
- Weight Management: Physical Activity
  http://www.veteranshealthlibrary.org/Encyclopedia/142,84631_VA

Health*e*Living Assessment (HLA)
http://www.prevention.va.gov/HLA.asp
'Health*e*LivingAssessment' Can Help Veterans Improve Their Health

What's Your Health Age? Video
https://www.youtube.com/watch?v=HjS6dzNnODs&list=PL3AQ_JVoBEywH95nwBCpq0mAWbUlMfG0y&index=21

Federal Government Resources
(you are 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

- Dietary Guidelines for Americans
  Learn about the new 2015-220 Dietary Guidelines for Americans.
  http://health.gov/dietaryguidelines/2015/