

So, You're Not Ready Yet?

When you are ready to lose some weight, MOVE!® is here to help you. Contact your health care team for information about MOVE!®. Also check out the MOVE!® Web site at www.move.va.gov. In the meantime, here are some things to think about:



- **Is your weight getting in the way of what you really want?** Is it affecting your health, energy, interest in life, work, and ability to have fun? Is it making you unhappy? If so, when you are ready, you can change.
- **Is excess weight affecting your health?** Losing weight can help you limit joint pain and improve your ability to move; lower the risk of heart disease, cancer, and diabetes; improve your sleep and blood pressure; and positively impact your mood and relationships.
- **You are in control of what you choose to do.** If and when you decide to lose weight, MOVE!® can help!