Keep Your Health

Your weight and waist measurements are in the normal range. That's great! Keeping your weight in a healthy range and leading a physically active lifestyle are great ways to avoid weight-related diseases such as diabetes. Staying fit also can help you live longer and keep you doing the things you enjoy.

Keep track of your weight and waist size:

- Weigh yourself the first day of each month and adjust your eating and activity if your weight is creeping up.
- At least once a year your primary care team will measure your waist circumference. Abdominal fat is very risky for health. **Men should keep their waist circumference below 40 inches, and women should keep their waist circumference below 35 inches.**

To Stay Fit and Healthy for Life:

Eat Healthy

- Choose a variety of healthy foods.
- Eat in moderation.

Be Active

- Move as much as possible throughout the day.
- Walk for 30 minutes most days of the week.

More information on how to stay healthy is available at the HealthierUS Veterans web site: http://www.healthierusveterans.va.gov/