

Fit for Life

For a Lifetime: MOVE!® is designed to help you make healthy changes in eating, physical activity, and behavior. The goal is to lose 5–10% of your weight and keep it off.

Five key things that others have done to keep their weight off include:



- Weighing daily.
- Changing what they eat and drink.
- Exercising about 1 hour per day—walking is the most common exercise.
- Eating breakfast every day.
- Watching less than 10 hours of TV per week.

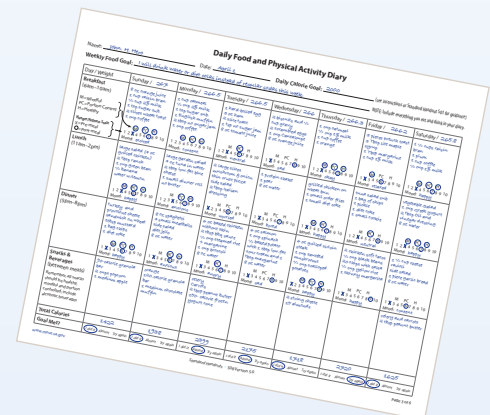


Here are more tips:

- Keep a food and physical activity diary.
- Continue to be mindful of the healthy changes you have made to lose weight.
- Maintain contact with your health care team.



- Set up a “red flag” to see if your weight is slipping back. For example, you might want to set a 5-pound weight gain as your red flag.



The form is a grid with columns for 'Monday', 'Tuesday', 'Wednesday', 'Thursday', 'Friday', 'Saturday', and 'Sunday'. Each column has rows for 'Breakfast', 'Lunch', 'Dinner', 'Snacks', 'Total', 'Physical Activity', and 'Weight'. It includes checkboxes for 'Ate', 'Drank', and 'Did' and various icons for tracking food and activity.

If you slip back, do some problem solving.

Here are some things to try:

- Review why you lost weight in the first place and remember the hard work you have done so far.
- Go back to using your diaries for weight, food intake, and physical activity. Look for problems and set goals to manage these problems.
- Review materials from MOVE![®] that helped you before.
- Re-take the MOVE!11 on the Internet, <http://www.move.va.gov/move11.asp>, and read the handouts that address your current difficulties.
- Consider contacting your VA MOVE![®] team for ideas; the team wants to help you.

