


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:

- Make weighing a part of your daily morning routine. Adjust your eating and activity if your weight is creeping up.
- At least once a year, your primary care team will measure your height, weight, and 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 for Life:

Eat Wisely

- Choose a variety of healthy foods.
 - Use a 9-inch plate
 - Cover $\frac{1}{2}$ of your plate with vegetables and fruit
 - $\frac{1}{4}$ of your plate should include 3 ounces of a lean meat or protein
 - $\frac{1}{4}$ of your plate should include a starchy vegetable such as a baked potato or whole grain rice



- Limit fat and salt.
- Look for sources of calcium.
- Drink plenty of water.
- Eat a variety of foods, including seasonal vegetables and a range of colors in your diet.



Be Active

- Be as physically active as you can throughout the day.
- As a minimum, be moderately active (to raise your heart rate, but not so much that you have difficulty breathing or talking) for at least 150 minutes per week, OR 75 minutes of vigorous physical activity (activity that makes it hard to carry on a conversation).

More information on how to Stay Fit for Life is available at the VA Prevention Web site:
www.prevention.va.gov.

