



Getting the Most Out of MOVE!

Obesity puts your health and well-being at risk. Losing 5–10% of your weight and keeping this off can help you protect your health!

Based on the reports of fellow Veterans and research findings, here is how to get the most out of MOVE!:

- **Stick with MOVE! as long as needed to achieve your goals** – Veterans who participate in MOVE! for at least 4 months are nearly twice as likely to lose 5% of their initial weight.
- **Check in with the MOVE! team as frequently as possible** – Veterans who have 8 or more contacts with the MOVE! team are twice as likely to lose 5%.
- **Even better, do both** – The combination of having frequent contact with the MOVE! team and working with them for at least 4 months produces even better results.



- **Weigh yourself every day** – For both the process of losing weight and for maintaining your weight loss, weighing yourself every day will help you meet your goals. It gives you immediate feedback and will let you know if you need to change your food intake and/or your amount of physical activity.
- **Use both diet and physical activity to meet your goals** – Relying on diet OR physical activity alone is not a good long-term plan.



