



Reference Manual

Live Well!

Eat Wisely ★ MOVE! More ★ Weigh Less



Some Keys to Success

- ★ Weigh daily.
- ★ Follow an eating plan that provides healthy nutrition and helps you gradually lose weight.
- ★ Be active – start slowly and build gradually.
- ★ Choose to make small changes that you can maintain.
- ★ Write down what you eat and your physical activity.
- ★ Read and understand food labels.
- ★ Use the MOVE! team for guidance as needed.
- ★ Ask your family, friends, and health care team for the support you need.
- ★ Celebrate your success!