



Welcome to MOVE!



Congratulations on taking this step towards managing your health and weight!

We are glad you are here. Your health care team is ready to help you reach your goals. In the MOVE! Program, you will learn how to lose weight safely and improve your health. You will be an active participant in this journey. MOVE! is a weight management program targeting lifestyle changes in three main areas: 1) Behavior, 2) Nutrition, and 3) Physical activity.

MOVE! Program Features:

- A focus on improving your health and wellness
- Support for eating wisely and increasing your physical activity
- Feedback to help you reach your goals

“MOVE! is not a diet. It is a life-changing program.”

– Floyd, lost 54 pounds and has kept it off for more than a year

We are Ready to Partner with You!

Your MOVE! team consists of a diverse group of professionals ready to help you. MOVE! teams can include dietitians, physical therapists, exercise physiologists, behavioral health staff, psychologists, nurse practitioners, and physicians. Your entire health care team can be a valuable resource as you work on your health goals.

Exploring Your Reasons to MOVE!

Before you begin your weight management journey, it is important to know your reasons for change. Over time, people motivated by their own needs and desires find it easier to maintain change.

MOVE! Program Recommendations

Commit to participate in MOVE! for at least 6 months to make progress with your health goals. Losing 5% of your body weight can improve your overall health. We recommend that you start with a goal to lose 5% to 10% of your body weight. If you weigh 200 pounds, that is a 10- to 20-pound loss. To accomplish this goal, a weight loss of ½ to 2 pounds per week is considered safe.

Why the MOVE! Program?

Why is weight management a priority for you now?

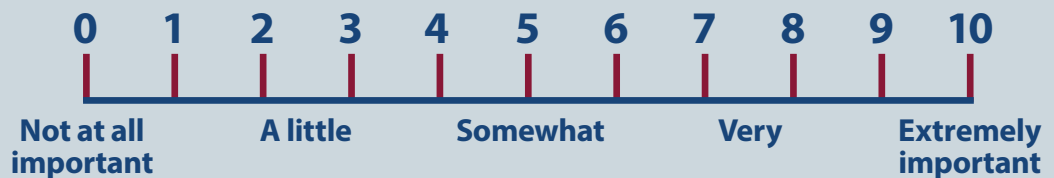


What do you hope to achieve from participating in MOVE!?

How will forming healthier habits improve your life?

Measuring Readiness

On a scale of 0 to 10, how important is weight management to you right now?



Reflections

Consider your number. Why isn't it a lower number?

What would it take to increase your number?

Keys to Weight Management

MOVE! is about making and maintaining healthy changes in eating, physical activity, and behavior. Here are some strategies that will help you.

- **Make lifestyle changes you can maintain**
- **Eat wisely and reduce extra calories**
- **Be physically active as much as possible**
- **Set goals you can reach**
- **Keep a daily record of what you eat and your physical activity**
- **Weigh yourself at least weekly**
- **Ask your family, friends, and MOVE! Team for the support you need**
- **Celebrate your progress!**

In MOVE!, you will learn skills like planning and preparing, problem solving, and stress management that will help you with these behaviors. Most people who commit to MOVE! can reach a healthier weight, feel better, have more energy, and reduce health problems.



Steps to Behavior Change

Behavior change is the foundation of weight management. Remember that eating habits and other lifestyle behaviors have been learned and can be changed. Changing old habits can be difficult. Here are some ways to get started. These strategies can be used with any behavior, including eating and physical activity.

Make a Plan	This can include planning meals, fitting in activity, or setting reminders for yourself
Write it Down	Writing down your plan and goals can help you commit to making healthy changes
Set small, achievable Goals	Setting small but achievable goals will help you to experience early successes and keep up your motivation
Monitor Your Progress	Keep track of it in a mobile app or your <i>Food and Activity Log</i> , which helps you to find patterns in your behavior
Reward Yourself Often	Do something for yourself when you reach your goals
Surround Yourself with Positive People	Find those who will be most supportive of your efforts
Keep in Contact with Your Health Care Team	Your health care team can help you make changes safely, manage other health conditions, and answer any questions you may have



Getting Started with Goal Setting

You are preparing to make changes to improve your health. You are moving in the right direction! Goals are the road map that help guide you to where you want to go. To achieve your weight-management goal, create an action plan to decrease calories and increase physical activity.



Ready, Set, Goals!

Now is the time to write down your weight-loss goal. Fill in the blanks below to identify an achievable goal.

Weight-Loss Goal

Losing 5% can improve your health.

My current weight is _____ pounds.

My goal is to lose _____ % of my current weight, equal to _____ pounds.

By losing _____ (1/2 to 2) pounds per week, I will reach my goal by _____ (date).



Tom's Toolkit

"Goal setting provides a clear picture of what your target outcome is and can help you plan smaller actions to meet that goal. Writing down your goals will help you stay on track. People with **SMART goals tend to be more successful with making changes**. Adjust or add to your goals at any time. After you achieve one goal, set a new one."

Make Your Goals SMART!

When writing a goal, ask yourself the following questions. Are each of these included in your goal?

Specific: What will you do?

Measurable: How will you know you are making progress?

Action-Oriented: What actions will you take to reach the goal?

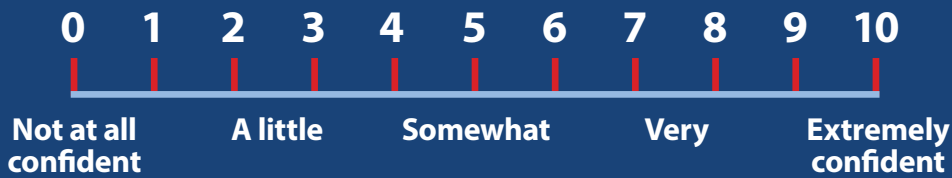
Realistic: Is the goal do-able for you?

Time-based: When will you start? When will you review your goal to see if it still makes sense for you?

Example: I will drink no more than three cans of sweetened soda per week.

Example: I will be active for at least 15 minutes every day this week.

On a scale of 0 to 10, how confident are you about making healthy eating and activity changes?



The more confidence you have to make a change, the more likely you are to do it.

Reflections

Consider your number. Why isn't it a lower number? What would it take to make you more confident?

Recall things you did successfully in the past. What did you do to make it happen?

Think about how you can use successful strategies from the past to accomplish what you want to do now.

“Be proud of every achievement you make—even if it’s losing a half-pound or adding 1 minute to your walking.”

– Eileen, lost 58 pounds and increased her physical activity from 3 minutes to 45 minutes, 3 times a week





Tracking What You Do

MOVE! is about helping you better manage your weight and health. The MOVE! *Food and Physical Activity Log* is designed to help you monitor your weight, physical activity, and food intake. This will be one of your most valuable tools to help you reach your goals. Tracking helps you understand your behavior which is a key part of changing it. Complete the log or use another tracking method as often as possible; daily is best. The more you track, the more likely you are to achieve your goals!

1. Be real. Write down what you really eat, not just what you had planned.
2. Be accurate. Measure portions, read food labels, and time your physical activity.
3. Be complete. Include everything you eat and drink and any moderate activity you do.

Tracking Your Food

Paying attention to what and how much you eat each day is essential for learning what you want to keep doing and what you want to change. Keeping a food diary will help you identify eating patterns (like late-night snacking) and track your calorie intake. You should write down each food item as soon as possible: Memories can be misleading!



Tom's Toolkit

“Self-monitoring is the act of observing and regulating your behavior. Self-monitoring activities include behaviors like keeping a daily log of food and exercise, wearing a pedometer, and using a weight management mobile app like MOVE! Coach. Self-monitoring increases your awareness of how much you eat and drink and how active you are. **Just the act of tracking your behavior will help you change your behavior!** By keeping track of how many calories you take in and how many calories you burn each day, it will be easier for you to meet your goals. Be in the know!”

There are many tools available to help you track how much you eat and drink, such as measuring cups and spoons, a kitchen scale, calculators, and food labels. You will want to record what and how much you eat in your *Food and Activity Log* or another tracking method. Your MOVE! team will work with you and provide feedback on your log.



Hannah's How-To **Track your Food**

“Set a weekly goal to make healthier food or beverage choices.

Example: ‘I will cut out snacking while watching TV two evenings this week,’ or ‘I will drink water or sugar-free beverages in place of regular soda on weekdays.’

Start with logging what you eat and drink each day to get in the habit of using the tracking method you prefer.

- Record everything you eat and drink. Don't forget the extras, like butter on toast.
- Record how food was prepared (baked, broiled, fried, etc.)
- Record the type of food or drink (for example, fat-free or whole milk)

As you progress through the program, the detail of your tracking should increase to include items like the time of day, serving size, and calories.”

Tracking Your Activity

Keeping track of how active you are will help you decrease your sitting time and monitor how many calories you burn each day. Use a fitness log to track your minutes of activity each day. Record your activity of at least moderate intensity. That means you can talk through it, but not sing through it. Include exercise, of course, but also remember to include everyday activities like sweeping the floor briskly and mowing the lawn.

There are many tools that can help you time your activity, like watches, timers, and smartphone and computer apps. Record the type of activity and minutes spent doing the activity in your *Food and Activity Log* or use another tracking method to discuss with your MOVE! team.



Hannah's How-To **Track your Activity**

“Set a weekly goal for your physical activity.

Example: ‘This week, I will be active for 15 minutes or more on at least 4 days and do strengthening activities twice,’ or ‘I will take the stairs or do chair exercises during my work breaks.’

Start with logging the type of physical activity you do each day to get used to the tracking method you prefer. As you progress through the program, the detail of tracking should increase to include items like minutes and intensity level.”

Be Aware of Your Energy Balance

Calories are the energy in food. They fuel everything you do from sleeping to being physically active. Calories can come from carbohydrates, fat, protein, and alcohol. If your body doesn't need them to fuel current activity, it stores them for later use. Body weight is linked to energy balance. If you eat more calories than you use, you may gain weight. If you eat fewer calories than you use, you may lose weight.

What you eat is just as important as how much you eat.

There are complex factors that affect your weight and your energy balance. These factors may be from a person's body, mind, environment, and society. Weight management focuses on some of the factors within your control, like food, drink, and activity choices. It is important to keep in mind that your body's response to weight change may make it harder to maintain your results.

Your Calorie Goal

Your calorie goal is the estimated daily caloric intake you will need to achieve your weight-management goal. If you take in fewer calories than your body uses for its daily activity level, it will use stored body fat as energy, contributing to reduced weight. On the other hand, if you take in more calories than your body uses, it will store additional fat—which may contribute to weight gain.



There are basically three ways to manage your energy balance:

1. **Adjust your daily caloric intake.**
2. **Adjust your daily activity level.**
3. **A combination of #1 and #2.**

To lose weight, it is recommended that you create an **energy deficit of at least 500 calories/day**. Generally, you can achieve this deficit by **gradually** reducing your dietary intake to:

1200-1500 calories/day for women

or

1500-1800 calories/day for men

You should reduce your calorie intake slowly over time so your body adjusts and you don't feel too hungry. If you want a more tailored daily calorie goal specific to your age, sex, height, build, and weight, talk to your MOVE! Team.

My daily target calorie goal is:



Eat to Support Your Health

MOVE! is about building healthy eating habits by making small, sustainable changes over time. To start changing your eating habits, it is important to BE MINDFUL about your food choices. Here are some tips to get you started. Consider some of these options when you write your weekly SMART goals.

BE MINDFUL:

Buy healthy foods to keep at home and work

Eat a nutritious breakfast everyday

Make a healthy plate

Involve others, eat at the table, take your time, and savor your food

Nourish your body; avoid skipping or delaying meals

Drink more water

Fix foods at home

Use a plate for snacks and portion control

Limit high-fat, high-calorie, and sugar-sweetened foods

My Eating Patterns

To meet your recommended daily calorie intake, it is important to understand your current eating habits. Being aware of what, when, why, and how you eat will help you identify eating patterns and ways to eat fewer calories.

What Are My Eating Patterns?

Look for patterns in your food records. See if you can identify:

What times of the day are you most likely to eat?

Do you tend to snack at certain times of the day?

How much do you usually eat in one sitting? Do you usually skip meals? What else can you learn from your food records?



Eat Wisely by Creating a Healthy Plate

Thinking about what goes on your plate and in your glass before you eat helps you create a healthy plate. Vegetables, whole grains, low-fat dairy products, fruits, and lean protein foods are all great choices. Eating from all food groups can help you get all the nutrients you need. Before each meal ask yourself, "How healthy is my plate?" **Use the guidelines below to help you.**

My Healthy Plate

50%

Non-starchy
Vegetables
and Fruits

one-half plate • non-starchy vegetables & fruits

9" Plate

**Additional
items include:**

a small amount
of low-fat dairy
and a drink
with little or
no calories.

25%

Starch or
Starchy
Vegetables

one-quarter plate • grains & starchy vegetables

9" Plate

25%

Protein

one-quarter plate • lean meat / protein

When building your plate, remember to choose foods that are:

- Low in calories, saturated fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

Culturally Diverse Plates

You can use the healthy plate model to incorporate cultural traditions at any meal. The key to making the healthy plate model work for you is to draw the connections between your cultural foods and the designated food groups. Honor the cultural traditions you love while eating healthier.

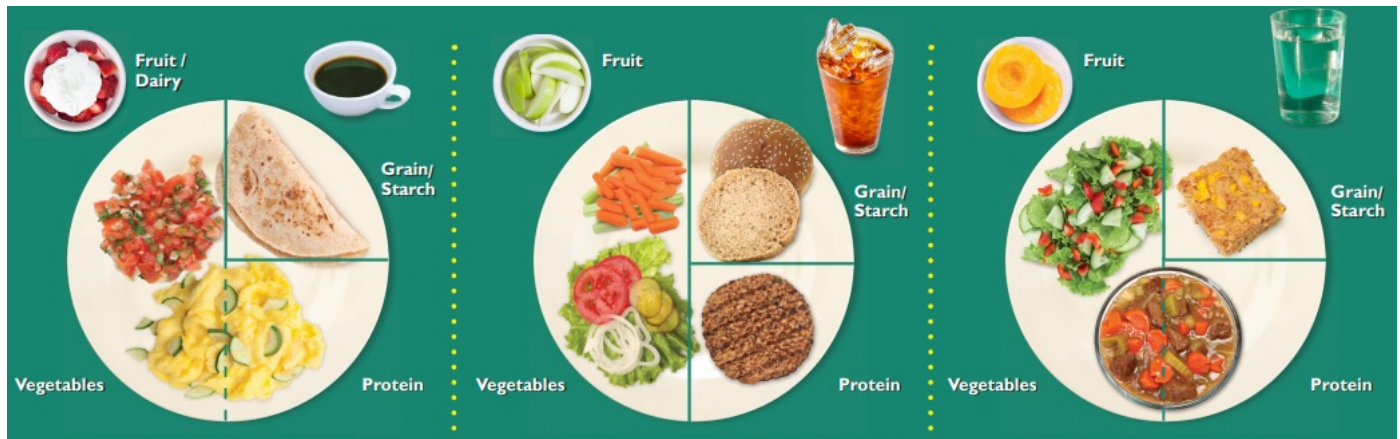


Image source: <https://www.ihs.gov/diabetes/education-materials-and-resources/index.cfm?module=productDetails&productID=2468>

Pictured here: Yogurt with strawberries, salsa, scrambled eggs with zucchini, tortilla, coffee

The plate consists of: 50% vegetables and fruit, 25% grain/starch, and 25% protein, with a side of dairy

Pictured here: Apple, carrots, celery, lettuce, tomato, onion, pickle, beef patty, bun, unsweetened tea

The plate consists of: 50% vegetables and fruit, 25% grain/starch, and 25% protein

Pictured here: Peaches, salad, beef and vegetable stew, cornbread, water

The plate consists of: 50% vegetables and fruit, 25% grain/starch, and 25% protein

Combination foods contain multiple food groups, like the beef and vegetable stew. Since the stew contains items from both the vegetable and protein food groups, the bowl of stew covers both of those sections of the plate. Another example is the hamburger. The burger components have been separated on the plate to show the vegetables, grain, and protein food group items that make up that one combination food.

Explore foods and customs from a variety of cultures and find traditional recipes from around the world at <https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/culture-and-food>



Hannah's How-To Make Healthy Food Swaps

“One way to get better nutrition is to think about making healthy substitutions to the foods you are already eating. For example, use cooking spray instead of butter when frying eggs. Use the table below to think about how you can start making healthy food swaps.”

Breakfast - Healthy Swap	Calories Saved
1 cup fat-free milk instead of 1 cup whole milk	63
1 squirt cooking spray instead of 1 pat butter	34
2 pats reduced calorie margarine instead of 2 pats butter	36
Lunch - Healthy Swap	Calories Saved
2 tomato slices, ¼ cup sliced cucumbers, and 2 onion slices instead of ¾ ounce cheese and 1 ounce ham	154
½ cup diced raw pineapple instead of 1 ounce potato chips	118
½ Tbsp regular ranch dressing instead of 2 Tbsp regular ranch dressing	109
Side salad with low-fat vinaigrette instead of a medium order of French fries	270
Dinner - Healthy Swap	Calories Saved
½ cup steamed broccoli instead of ½ cup broccoli fried in ½ Tbsp vegetable oil	62
1 cup part-skim ricotta cheese instead of 1 cup whole milk ricotta cheese	89
¼ cup pasta with tomato sauce side dish instead of 1 cup pasta with tomato sauce entree	138
1 slice of a cheese pizza instead of one slice of a meat and cheese pizza	60
Snacks - Healthy Swap	Calories Saved
3 cups air-popped popcorn instead of 3 cups oil-popped popcorn	73
8 ounces sugar-free nonfat yogurt instead of a package of 6 peanut butter crackers	82
1 bottle sparkling water instead of a 12-ounce can regular soda	136
1 large orange instead of 3 chocolate sandwich cookies	54

Source: Ideas for Every Meal. Department of Health and Human Services. Centers for Disease Control and Prevention. http://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html

How might you start making healthy food swaps in your next meal?

Know About Liquid Calories

Many beverages contain sugar, fat, and alcohol, which can be major sources of calories. For weight management, it is better to get your calories from food rather than beverages.



Water is the best beverage choice

- For most adults, 9-13 cups of fluid per day are recommended.
- It's an essential nutrient and has zero calories. Always keep a water bottle with you.
- Drinking enough water each day regulates body temperature, keeps joints lubricated, prevents infections, delivers nutrients to cells, and keeps organs functioning properly.
- Being well-hydrated may improve sleep quality, cognition, and mood.

The next best options

- Try low-fat (1%), fat-free (skim) milk or calcium-fortified dairy alternative (soy milk, almond milk, etc.). Limit to 3 cups per day to meet your dairy serving recommendations.
- Try unsweetened tea or coffee.

If water or milk doesn't satisfy you?

- Put some fizz in your cup by drinking carbonated water.
- Add flavor to your water with lemon, lime, watermelon, or cucumber slices.
- Enjoy the beverage of your choice, but less of it. Remember to check the serving size and number of servings on the can or bottle. Select smaller cans or cups instead of large options.

Rethink Your Drink

Type of Drink	Calories in 20 oz	Calories in 12 oz	Calories Saved
Fruit punch	320	192	128
100% apple juice	300	180	120
100% orange juice	280	168	112
Lemonade	280	168	112
Regular lemon-lime soda	247	148	99
Regular cola	227	136	91
Sweetened iced tea	225	135	90
Tonic water	207	124	83
Regular ginger ale	207	124	83
Sports drink	165	99	66
Fitness water	36	18	18
Unsweetened iced tea	3	2	1
Water or Sparkling water (unsweetened)	0	0	0



Be Physically Active and MOVE!

MOVE! is about being more active in whatever way works best for you. To increase your physical activity, it is important to start slowly and gradually add to your activity over time. Listen to your body to prevent injury. If you are concerned about increasing your activity, talk to your health care team. To enjoy being active, it helps if you are interested in the activity. Try several different kinds of activity to find out what is best for you. Also, it helps to find active moments throughout the day. Some examples include taking the stairs up or down instead of the elevator, or parking farther away from the door and walking or wheeling the extra distance. There are lots of ways to be active and enjoy yourself, so mix it up!

Strive for progress, not perfection!

Being physically active helps you manage your weight. It has many other benefits, including reducing your risk of coronary heart disease, stroke and colon cancer. It can help decrease your blood pressure, improve your cholesterol, and prevent or control diabetes. Regular physical activity strengthens bones and muscles. It also helps you be more flexible. Being active can also improve your sleep, mood, and self-esteem, and it can reduce stress and depression.

How Active Should I Be?

The *2018 Physical Activity Guidelines for Americans* state that you can protect your health by being physically active. Getting at least 150 and up to 300 minutes (2.5 to 5 hours) per week of moderate-intensity physical activity can lead to important health benefits. If you are able to be active more than 300 minutes per week, you will see more benefits to your health.

Physical Activity Recommendations for Adults

- Move more—any activity is better than no activity
- 150 minutes of moderate OR 75 minutes of vigorous activity per week
- For weight loss, work up to 300 minutes of moderate OR 150 minutes of vigorous activity per week
- Do strengthening activities at least 2 days a week
- Spread out your activity—aim to be active at least 5 days per week



Teresa's Tips

"Moderate-intensity activity makes you breathe a little harder and sweat a little. You should be able to talk, but not sing. Examples include brisk walking, slow cycling, dancing, or gardening. Vigorous-intensity activity makes you sweat and breathe hard, and makes your heart beat fast. Examples include jogging, lap swimming, and fast hand cycling."

Preparing to Get Fit

When you increase your physical activity, safety is important to prevent injury or illness.



Safety First

- If you are concerned about increasing your activity, talk with your health care team

Warm Up and Cool Down

- Warm up before you exercise
- Cool down and stretch at the end of your session
- Take 5-10 minutes for each to prevent injury and reduce muscle soreness

Intensity

- Start where you are comfortable and increase gradually over time
- Mix up your activities to work different parts of your body
- Always use good posture and pay attention to your form with any activity
- Listen to your body. Slow down or stop if you feel very tired, sick, lightheaded, or severe pain

Hydration

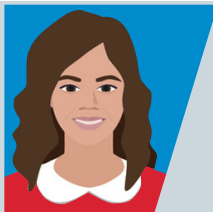
- Drink plenty of water before, during, and after activity

Apparel

- Wear comfortable shoes and clothes that are right for the activity and weather
- Use safety gear as needed

Weather

- Be active indoors if it's too hot or too cold outside
- Know the signs that you are overheated: headache, fast heartbeat, dizziness, nausea, light-headedness



Teresa's Tips

“A simple way to plan and progress your physical activity is to follow the concept of FITT: Frequency, Intensity, Time, Type of activity. Whether you are a beginner or have experience, FITT can help you build your physical activity program. Consider each aspect of FITT as you create your plan.

Frequency: *How often are you active?*

Intensity: *How hard are your heart and muscles working?*

Time: *How long are you active?*

Type of Activity: *What activities are you doing?”*

Even the Smallest Changes Can Make a Big Difference

As you go through your weight management journey, notice all the benefits you experience from your efforts as you make changes and work on your goals each week. Think about how they help you do what is important to you.

Better sleep

More energy

Fewer prescription medications

Better check-up

Less pain

Better blood pressure control

Improved memory

Better mood

Better blood sugar control

Clothes fit better

Healthier cooking

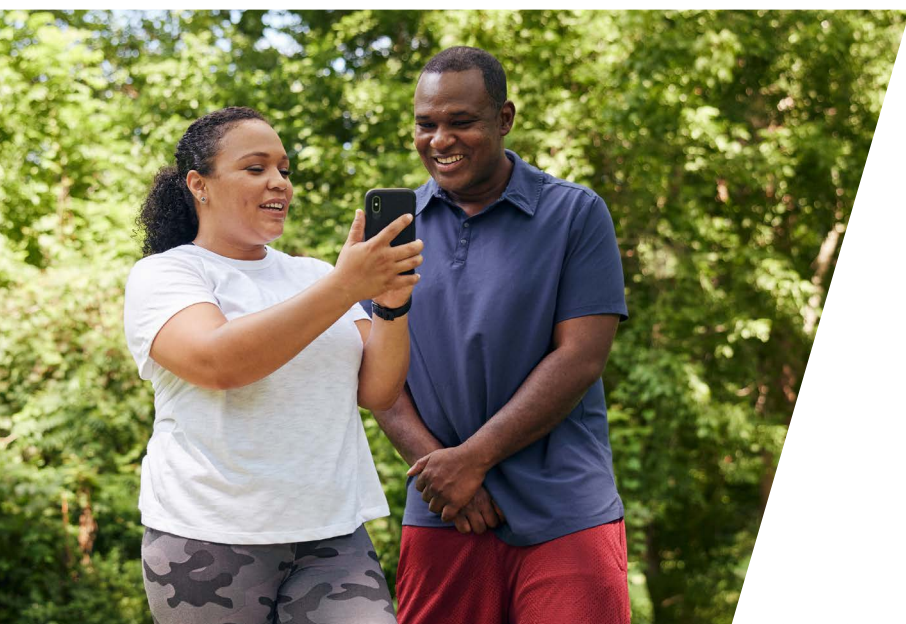
Other:

Less stress

Greater confidence

More endurance

More organized



“I’m not going to say my road was easy. It’s just like life... life isn’t always easy. But I’m confident I can keep the weight off.”

– James, lost 350 pounds over a 20-year lifestyle change journey