



MOVE! Weight Management Program for Veterans



VETERAN WORKBOOK



VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Health Promotion and Disease Prevention



My Name: _____

My MOVE! Coordinator: _____

MOVE! Program Phone: _____

My MOVE! Facilitators:



Welcome to MOVE!

Welcome to the MOVE! Weight Management Program for Veterans (MOVE!), supported by the Department of Veterans Affairs (VA) National Center for Health Promotion and Disease Prevention (NCP). We at NCP are proud to make this program available to our Veterans. Now in its second decade, MOVE! includes the most up-to-date approaches for weight management. Congratulations on taking the first step towards healthy living!



MOVE! is a Lifestyle Intervention

MOVE! is a comprehensive lifestyle intervention for weight management designed to improve the lives of Veterans. MOVE!'s core ideas—encouraging healthy eating, increasing physical activity, developing behavior change skills, and promoting even small weight losses—are easy to follow and based on the latest in evidence for weight management care. With the help of a MOVE! care team, Veterans can reduce health risks, prevent or reverse certain diseases, improve their quality of life, and even live longer!

MOVE! Supports Whole Health and Healthy Living

VA is committed to implementing the Whole Health System to provide health and well-being services that are based on partnering with Veterans to support their Whole Health and what matters most to them. **Whole Health** is a philosophy and an approach to delivering healthcare that empowers and equips Veterans to take charge of their health and well-being and live life to the fullest. MOVE! and other **Healthy Living** services, programs and tools developed by NCP are aligned with and support Whole Health and VA's Whole Health System by specifically addressing Veterans needs and preferences, including their mission, aspiration and purpose.

The MOVE! Veteran Workbook

This workbook was designed to empower and engage Veterans in their own healthcare, Healthy Living and Whole Health. Throughout the MOVE! Program Veterans will take charge of their weight management and apply tools and strategies to lose weight and be healthy. This workbook includes 16-modules focusing on **healthy eating**, increasing **physical activity**, and applying **healthy behaviors** as a lifestyle. This workbook is also meant to be **interactive** with goal-setting tools, reflection questions, and practice activities. The more you put into the workbook, the more you will get out of it!

This workbook supports the MOVE! options of care for Veterans:

- **MOVE! Group Sessions** has the greatest evidence for success and is the most common way Veterans participate in MOVE! Time-limited, clinician-led groups meet regularly and follow a structured format for weight loss. To enable more Veterans to participate, many medical centers provide video conferencing to community-based outpatient clinics (CBOCs).
- **MOVE! Telephone Lifestyle Coaching** is for Veterans who prefer one-on-one contact via telephone with a designated weight management coach.
- **TeleMOVE!** is for Veterans who may benefit from frequent reminders to stay on track with their weight management goals. This includes daily interaction with in-home messaging technologies and clinician contact as needed.
- **MOVE! Coach** is a mobile app for Veterans who prefer to manage their weight on their own. Brief check-ins with a MOVE! clinician may be available at VA facilities that offer MOVE! Coach with Care. Simply go to the App Store on any iOS device or the Google Play store on any Android device and download the app now!
- **Weight Loss Medications** and **Bariatric Surgery** are treatment options that may be offered to Veterans who have tried MOVE! but continue to struggle with overweight or weight-related issues.

Get to Know Your Weight Management Guides

There are four characters throughout this workbook that will give you different kinds of helpful information.



Teresa's Tips

Teresa will offer general, helpful hints and tips.



Smart Alex

Alex will offer in-depth information on a topic, sometimes technical or medical information.



Tom's Toolkit

Tom will give information on the weight management tools that are covered in MOVE!



Hannah's How-To

Hannah will give step-by-step instructions on how to complete a task or activity.

Medical Statement

If you are concerned about changing your diet or increasing your physical activity talk to your MOVE! care team and your primary care provider to develop a plan that is specialized for you.

Quotes and Images

Throughout this workbook, you will find quotes from Veterans who have participated in their local VA MOVE! Program. For more inspiration, visit our Success Story webpage to hear from Veterans like you. You may be able to submit your own Success Story!

- **MOVE! Success Stories**

<https://www.move.va.gov/SuccessStories/index.asp>

Some of the photos in this workbook are of Veterans engaging in physical activity through the amazing sports clinics offered through VA and our partners. If you are interested in participating in these events, please visit their websites for more information.

- **National Veterans Golden Age Games**

<https://www.blogs.va.gov/nvspse/national-veterans-golden-age-games/>

- **National Disabled Veterans TEE Tournament**

<https://www.blogs.va.gov/nvspse/national-disabled-veterans-tee-tournament/>

- **National Veterans Summer Sports Clinic**

<https://www.blogs.va.gov/nvspse/national-veterans-summer-sports-clinic/>

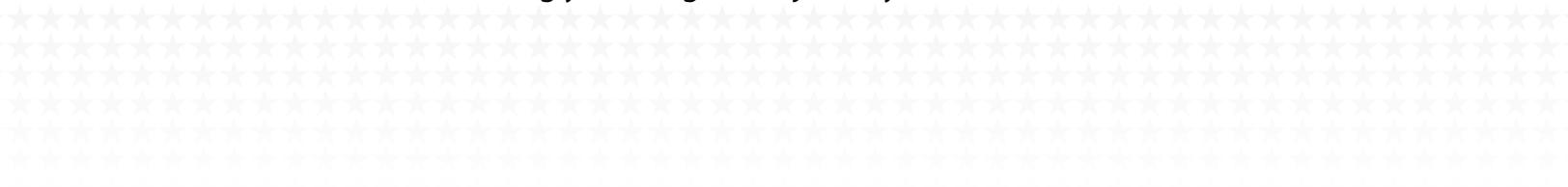
- **National Veterans Wheelchair Games**

<http://www.wheelchairgames.org/>

- **National Disabled Veterans Winter Sports Clinic**

<https://www.wintersportsclinic.org/>

Welcome to the MOVE! Weight Management Program - we are glad you are here! This workbook is not an all-inclusive guide to everything you might want to know about weight management. Use the information in this workbook to focus on what really matters to you and jumpstart your healthy living lifestyle. You will become better equipped to manage your weight, enhance your well-being, and reduce your risk of disease. You will learn more from your MOVE! care team, your primary care team, and other Veterans during your weight loss journey.



Acknowledgments

The VA MOVE! Weight Management Program for Veterans Curriculum is based on the curriculum from the Diabetes Prevention Program (DPP) research study¹ supported by the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Disease.

Materials have been adapted from *The Centers for Disease Control Diabetes Prevention Program Curriculum (CDC DPP Curriculum)* and the *University of Florida Weight Management Lab*.

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Finally, thank you to the more than 800,000 Veterans who have participated in MOVE! and the VA clinicians who worked with them! Your support and feedback have helped us to continuously improve the MOVE! Program and materials over the last decade. We also want to thank the Veterans who participated in our focus groups and provided valuable feedback on the content and functionality of this workbook to make it more engaging and Veteran-centered. And last but not least, thank you to our MOVE! field-based staff who provided input and feedback on this workbook to inform its implementation and usability.



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MODULE ONE

Welcome to MOVE!



Congratulations on taking the first step towards managing your weight!

We are glad you are here. Your health care team is ready to help you lose weight and keep it off. 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, and your health care team will be your “coaches.” 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
- Coaching and feedback to help you reach your goals

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

– Floyd, lost 54 pounds

We are Ready to Partner with You!

Your weight management team consists of a diverse group of professionals ready to help you better manage your weight. MOVE! teams can include dietitians, physical therapists, exercise physiologists, behavioral health staff, psychologists, and physicians. Your health care team can also be an important resource, including your primary care provider, specialty providers, and pharmacists.

In This Module You Will:

1. Identify your motivation and reasons for losing weight.
2. Describe the behavior-change process.
3. Set your weight-loss goals.

Exploring Your Reasons to MOVE!

Before you start on your weight-loss journey, it is important to find your reasons for change. Over time, people motivated by their own needs and desires find it easier to maintain change.

MOVE! Program Recommendations

Making a commitment to participate in MOVE! for at least 6 months is critical to success. Losing just 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 healthy weight loss of ½ to 2 pounds per week is considered safe.

Why the MOVE! Program?

Why is weight loss a priority for you now?

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

How will losing weight improve your life?

Create your own MOVE! Success Story and join the many Veterans who have had success with MOVE!

Visit www.move.va.gov and click on Success Stories to read their inspiring messages.



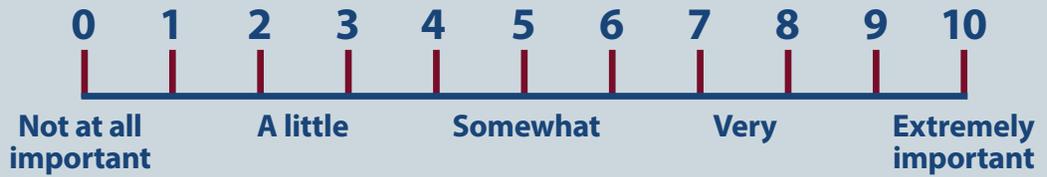
Teresa's Tips

“Did you know that research studies show losing as little as 5% of your current body weight lowers your risk of heart disease, hypertension, type 2 diabetes, and certain types of cancer?”



Measuring Readiness

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



Reflections

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

What would it take to increase your number?



Decisional Balance

Starting a weight-loss program can be challenging because it involves changes to your lifestyle—that is, changing how you eat and how active you are. Not everyone is ready to start this journey right away, and that's okay. It is important for you to move forward when you are ready. You are in control, and your care team is here to help you!

Is your weight getting in the way of what you want? Is excess weight affecting your health?

What is the downside of not participating in MOVE!?

Reasons to Lose Weight:

Concerns about Losing Weight:

* If you have more **reasons**, congratulations: you are ready to begin!

* If you have more **concerns**, it may be helpful to talk to your care team about ways to resolve your concerns. They are here to assist you!

Keys to Weight Management Success

MOVE! helps you make healthy changes in eating, physical activity, and behavior. There are several key strategies that will help you manage your weight loss:

- Make lifestyle changes you can maintain
- Eat wisely and cut extra calories
- Be physically active to improve your health
- 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 success!

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.



10 Health Gains from a 10% Weight Loss

1. You will feel better!
2. Reduces blood pressure
3. Reduces the risk of diabetes
4. Improves your ability to move and be active
5. Lowers the risk of heart disease, heart attacks, and stroke
6. Puts less stress on your bones and joints
7. Reduces the risk of some types of cancer
8. Lowers the risk of congestive heart failure
9. Lowers the risk of sleep apnea
10. Lowers the risk of gallbladder disease

“MOVE! is life changing. If you’re not happy with the way you are—how you feel about the world and yourself—try it out. What do you have to lose?

Just the weight!”

— James, lost 150 pounds



Teresa's Tips

“Changing many things at once can be difficult and stressful. It may be better to change one or two things at a time. Keep this in mind while you set your SMART goals.”

Steps to Behavior Change

Behavior change is the key to managing your weight. Remember that eating habits and other lifestyle behaviors have been learned and can be changed. Changing old habits can be difficult. Here are some simple steps to start changing your behavior. 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 losing weight
Set small, achievable Daily 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 your <i>Food and Activity Log</i> , which helps you remember what and how much you ate and 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 weight-loss efforts
Keep in Contact with Your Health Care Team	Your health care team can help you lose weight safely, manage other health conditions, and answer any questions you may have during your weight-loss journey



Getting Started with Goal Setting

You are preparing to make some changes to lose weight. You are moving in the right direction! To achieve your weight-loss goal, create an action plan to decrease calories and increase physical activity. Goals are the road map that will guide you to success. They will give you a clear idea of where you want to go and how to get there.



Ready, Set, Goals!

Now is the time to write down your weight-loss goal. Fill in the blanks below to identify an achievable goal. Use the *Weight Loss by the Numbers* chart and BMI chart to help you find your weight-loss target.

Weight-Loss Goal

Losing just 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 will be and can help you set 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. Adjust or add to your goals at any time. After you achieve a goal, set a new goal.”

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 walk briskly for at least 15 minutes every day this week.

Weight Loss by the Numbers

Find your current weight in the blue columns. Read across the row to find the number of pounds you would need to lose to achieve a 5%, 8%, or 10% weight loss.

Wt	5%	8%	10%	Wt	5%	8%	10%	Wt	5%	8%	10%
140	7	11	14	265	13	21	27	390	20	31	39
145	7	12	15	270	14	22	27	395	20	32	40
150	8	12	15	275	14	22	28	400	20	32	40
155	8	12	16	280	14	22	28	405	20	32	41
160	8	13	16	285	14	23	29	410	21	33	41
165	8	13	17	290	15	23	29	415	21	33	42
170	9	14	17	295	15	24	30	420	21	34	42
175	9	14	18	300	15	24	30	425	21	34	43
180	9	14	18	305	15	24	31	430	22	34	43
185	9	15	19	310	16	25	31	435	22	35	44
190	10	15	19	315	16	25	32	440	22	35	44
195	10	16	20	320	16	26	32	445	22	36	45
200	10	16	20	325	16	26	33	450	23	36	45
205	10	16	21	330	17	26	33	455	23	36	46
210	11	17	21	335	17	27	34	460	23	37	46
215	11	17	22	340	17	27	34	465	23	37	47
220	11	18	22	345	17	28	35	470	24	38	47
225	11	18	23	350	18	28	35	475	24	38	48
230	12	18	23	355	18	28	36	480	24	38	48
235	12	19	24	360	18	29	36	485	24	39	49
240	12	19	24	365	18	29	37	490	25	39	49
245	12	20	25	370	19	30	37	495	25	40	50
250	13	20	25	375	19	30	38	500	25	40	50
255	13	20	26	380	19	30	38	505	25	40	51
260	13	21	26	385	19	31	39	510	26	41	51

Body Mass Index

		WEIGHT																									
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	360	380	400
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65	66	70	74	78	
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62	64	68	71	75	
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	65	69	73	
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59	60	63	67	70	
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57	58	61	65	68	
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	56	60	63	67	
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53	55	58	61	64	
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52	53	56	60	63	
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50	52	55	58	61	
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49	50	53	56	59	
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47	49	52	55	57	
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46	47	50	53	56	
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45	46	49	52	54	
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	48	50	53	
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	44	46	49	51	
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41	43	45	48	50	
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	44	46	49	
6'5"	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39	40	43	45	47	
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38	39	42	44	46	
6'7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37	38	41	43	45	
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36	37	39	42	44	
6'9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	39	41	43
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	35	38	40	42

Underweight: BMI = less than 18.5

Obesity Class 1: BMI = 30 to 34.9

Normal weight: BMI = 18.5 to 24.9

Obesity Class 2: BMI = 35 to 39.9

Overweight: BMI = 25 to 29.9

Extreme Obesity: BMI = 40 and above

What are Your Target Behaviors?

Once you've set your weight-loss goal, it is important to consider what small behavior changes you plan to make to get there. These changes often relate to diet and physical activity. Use the space below to brainstorm potential SMART goals. Identify two things you can do in each category. (Note: While participating in MOVE!, you will select a new nutrition and physical activity goal each week.)



Calorie Intake: What can you do to eat or drink fewer calories?

Goal 1: _____

Goal 2: _____

Physical Activity: What can you do to gradually increase your physical activity?

Goal 1: _____

Goal 2: _____

On a scale of 0 to 10, how confident are you about losing weight?



The more confidence you have to make a change, the more successful you will be.

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.

Module Summary

Reasons to MOVE!

You reflected on your own reasons for starting your weight-loss journey. Veterans who have participated in MOVE! reported reasons such as:

- Decreasing their health risks for chronic conditions
- Improving health conditions and feeling better
- Staying active with their families

“VA delivered on its offer of providing a life-changing service. The MOVE! Program works.”

– Jim, lost 45 pounds

Decisional Balance

You also considered the **pros** and **cons** of making a change. Understanding why you want to lose weight will help you keep your momentum up. Recognizing your concerns about weight loss will also help you plan and prepare for roadblocks that might occur.

Weight-Loss Basics

You identified five key behaviors for weight loss. You will cover each in more depth throughout the MOVE! Program.

- Set SMART goals
- Eat and drink fewer calories per day
- Be more physically active
- Weigh yourself regularly
- Track your progress

SMART Goal Setting

You learned how to create SMART goals. Your goals should be specific, measurable, action-oriented, realistic, and time-based. You also created your own weight-loss goals.

Look back at your reasons for change if you start to feel discouraged.

Module To-Do:

1. Reflect on your reasons and motivation for weight loss. Keep these reasons top of mind as you progress through the program.
2. Set your weight-loss goals. Think about what actions you can take to start working towards your goals. Be prepared to share your goals at your next meeting.
3. Start writing down what you eat every day and how active you are on your *Food and Activity Log* in the back of your workbook.
4. Review Module 2 in preparation for your next meeting.



MODULE TWO

Tracking What You Do



“I knew that the key to losing weight was finally being honest with myself.”

– Steve, lost 50 pounds

How do I get started with tracking?

MOVE! is all about helping you manage your weight. The MOVE! *Food and Physical Activity Log* is designed to help you monitor your weight, physical activity, and dietary intake. This will be one of your most valuable tools to help you reach your goals. Tracking increases your awareness of your behavior and helps you change unhelpful behaviors. Complete the activity log as often as possible; daily is best. The more you track, the more likely you are to achieve your goals!

1. Be honest. Write down what you really eat.
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 effort predicts weight loss success.

In This Module You Will:

1. Describe the purpose of tracking.
2. Learn how to track what you eat and drink.
3. Learn how to track your activity.

Tracking Your Food

Paying attention to what and how much you eat each day is essential for tracking how many calories you take in. Keeping a food diary will help you track your caloric intake and identify unhelpful eating patterns (like late-night snacking). You should write down each food item as soon as possible: Memories can be misleading!

See the example of *Sarah's Story*.



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 application 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 weight-loss goals. Be in the know!”

Sarah's Story

Sarah has struggled with her weight for the past 10 years. Her VA provider has encouraged her to lose 15 pounds to help lower her blood pressure and cholesterol, suggesting she try the MOVE! Program for support.

For three weeks, Sarah tries to eat better but hasn't seen any results. Frustrated, she decides to try MOVE! and contacts the MOVE! Coordinator for an assessment. The MOVE! Coordinator asks Sarah to tell her what she ate yesterday. Sarah tries to recall everything she ate.

The table on the next page shows what Sarah *thinks* she ate at each meal and what she really ate at each meal. This activity shows how Sarah underestimated the number of calories she was eating each day.



What Sarah <i>Thinks</i> She Had		Calories	What Sarah <i>Really</i> Had	Calories	Extra Calories
Breakfast	Bowl of cereal with milk	100 (cereal) 100 (milk)	1 ½ cups cereal with 8 oz whole milk	150 (cereal) 150 (milk)	150
			Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Lunch	Ham sandwich	150 (bread) 200 (ham) 150 (mayo)	Sandwich with 2 slices of bread, 6 oz ham and 1 ½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)	150
	Apple	50	Medium apple	50	
			Iced tea with sugar	150 (sugar)	
Snack			Granola bar	200	250
			Coffee with 1 Tbsp. whole milk and 2 tsp sugar	50 (milk and sugar)	
Dinner	Salad	100	Salad with 2 Tbsp. blue cheese dressing	50 (salad) 150 (dressing)	275
	Mashed potatoes	100	1 cup mashed potatoes made with whole milk and 3 Tbsp. butter	100 (potatoes) 100 (butter)	
	Piece of fish	200	3 oz. fish	200	
			8 oz. iced tea with sugar	75 (sugar)	
Dessert	Small bowl of ice cream	175	1 cup ice cream	320	145
Daily Total		1,325	Daily Total	2,295	970

Sarah thought she ate 1,325 calories but actually ate 2,295. She ate 970 calories more than she thought she did. It is important to be thorough when completing your food log to get an accurate reflection of how much you ate. This will help you identify what changes you need to make.

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



Hannah's How-To
Track your Food

“ In the *Food and Activity Log*, you will write a weekly food goal to improve your diet.

Example: “I will cut down on calories by eliminating snacking while watching TV in the evenings this week,” or “I will drink water or sugar-free beverages in place of regular soda this week.”

Over the course of the MOVE! Program, you will track the foods you eat, the amount, and the calories. To get started, write down *what* you eat each day. This is done to help you get in the habit of using your *Food and Activity Log*.

For the first week, your food log will look like the example below. Write down everything you eat throughout the day, one food item per line:

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

Correct

Week 1 Day 1	Day/Date: Saturday 06-01-19
Food/Beverage:	
Multi-grain cereal O's	
Milk 1%	
Banana	
Wheat bread toasted	
Ham	
American cheese	
Green apple	

Incorrect

Week 1 Day 1	Day/Date:
Food/Beverage:	
Cereal	
Banana	
Ham sandwich	
Apple	



Hannah's How-To Track your Food

“As you progress through the program, the detail of your tracking will also increase. The final version of the food log will look like this.”

Week 7 Day 1		Day/Date: Saturday 07-13-19		
Time:	Food/Beverage:	Amount:	Calories:	Mood/Feelings:
8:15am	Multi-grain cereal O's	1 cup	106	Tired
8:15am	Milk 1%	3/4 cup	77	"
10:30am	Banana	1 medium sized	105	"
12:30pm	Wheat bread toasted	2 slices	138	Happy
12:30pm	Ham	2 ounces	60	"
12:30pm	American cheese	1 slice	104	"
12:30pm	Green apple	1 medium sized	95	"



Teresa's Tips

“MOVE! produces a *Food and Activity Log* as a booklet for your use during the MOVE! Program. However, you are encouraged to use whatever tracking method you find most helpful, such as the MOVE! Coach app or other fitness/diet tracking app. Any method of tracking will help you meet your weight loss goals, so find the one that is right for you!”

“Weighing in daily, recording my food logs, and sending them to my TeleMOVE! Coordinator worked for me. She reviewed them and let me know when I needed to change what I was eating.”

– Larry, lost 127 pounds



Tracking Your Activity

Keeping track of how active you are will help you 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 a moderate pace. 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* to discuss with your MOVE! team.



Hannah's How-To Track your Activity

"In the *Food and Activity Log*, you will write a weekly physical activity goal to increase your activity.

Example: *"This week, I will walk 15 to 30 minutes per day on 4 out of 7 days and do strength training twice," or "I will look for more ways to be active throughout the day, like taking the stairs instead of the elevator three times a day."*

Over the course of the MOVE! Program, you will track each activity you do, the time spent doing it, and your intensity level. To start off, write down the physical activity you did each day. This is done to help you get used to tracking your activity."

For the first week, your activity log will look like this. Write down all physical activity you engage in, one session per line.

Physical Activity:
Walk the dog AM
Climbed stairs at work on break
Walk the dog PM
Swept the floor

As you progress through the program, the detail of your tracking will also increase. The final version of the activity log will look like this."

Physical Activity:	Minutes:	RPE Intensity:
Walk the dog AM	15	5
Climbed stairs at work on break	10	7
Walk the dog PM	30	4
Swept the floor	10	3

Busting Barriers

Now let's review some common barriers to completing the *Food and Activity Log*, and some possible solutions. Which of these challenges do you think you might encounter? How might you solve them? People who can anticipate challenges and are ready to respond with a solution are more successful at making change.

Barrier	Barrier Buster
I'm too busy.	<input type="checkbox"/> Set aside a few minutes at certain times each day. <input type="checkbox"/> Set a reminder. <input type="checkbox"/> Remember why you are tracking—to lose weight!
I keep forgetting.	<input type="checkbox"/> Make tracking part of your daily routine. <input type="checkbox"/> Set a reminder, alarm, or timer. <input type="checkbox"/> Leave yourself notes where you will see them. <input type="checkbox"/> Ask others to remind you.
I don't like to track.	<input type="checkbox"/> Share your progress with others. <input type="checkbox"/> Give yourself a small (nonfood) reward for meeting your goals. <input type="checkbox"/> Compete with family or friends to see who can track the most activity and meals. <input type="checkbox"/> Try using smartphone apps, like MOVE! Coach, to track.
I have trouble reading and writing.	<input type="checkbox"/> Record your voice with a smartphone or other device. <input type="checkbox"/> Ask your coach, friends, or family to help you write your food and activity. <input type="checkbox"/> Take a picture of your food.
Write your own	<input type="checkbox"/> _____ _____ _____

Reward Your Success



Tom's Toolkit

"Rewards are a fantastic way to keep up your motivation and regulate your behavior. Reward yourself often for achieving your goals. You can set small rewards for meeting your weekly SMART goals and larger rewards for hitting a weight-loss target."

What Rewards You?

Consider what kinds of things reward you. Below is a list of rewards that may motivate people to better manage their weight. Identify some rewards that are reasonable for you or fill in your own.

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Buy a new workout outfit 2. Buy a new water bottle 3. Get a massage 4. Unwind with a movie of your choice 5. Download a new fitness app 6. Buy a new workout song 7. Enjoy a "staycation" 8. Take a trip to a farmer's market 9. Buy a refrigerator magnet with a motivational quote 10. Learn a new sport—try fencing, karate, tennis, or swimming 11. Learn a new skill—try playing the piano, singing, acting, or painting 12. Enjoy a laugh at a local comedy club 13. Take a day trip to your favorite local town 14. Go on a fishing trip 15. Go see your favorite band 16. Buy a new pair of running shoes 17. Attend a local sporting event | <ol style="list-style-type: none"> 18. Golf at your favorite course 19. Sign up for a charity walk event 20. Take a cooking class 21. Start a garden 22. Go for a hike and enjoy nature 23. Go camping in the wilderness 24. Get a one-on-one personal training session 25. Get a new book at the library and enjoy a relaxing afternoon reading 26. _____ 27. _____ 28. _____ 29. _____ 30. _____ |
|--|---|

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Make your goal SMART.

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?



Healthy Eating:

I will _____

Physical Activity:

I will _____



“I was really scared to get on the scale the first several weeks. But after seeing a change, I couldn’t wait to get back in class to show everyone how good I was doing.”

– Donald, lost 55 pounds

Module Summary

Self-Monitoring

In this module, you learned how to complete the *Food and Activity Log*. Your *Food and Activity Log* will be the most powerful tool in your toolkit. Try to complete your log as often as possible—every day is best. Bring your log to your next meeting to get feedback from your MOVE! team on your progress. Veterans who complete their log and receive continual feedback on their progress are more likely to lose weight.

“MOVE! holds me accountable for my actions, which helps me to control my weight.”

– Henry, lost 74 pounds

Rewards

Using rewards during your weight-loss journey is a fantastic way to congratulate yourself and recognize all your hard work. Make a list of rewards that you might give yourself for meeting small and large goals.

Module To-Do:

1. Write down everything you eat and drink every day in your *Food and Activity Log*.
2. Write down how many minutes you are moderately active every day in your *Food and Activity Log*.
3. Set two weekly SMART goals in your Module Check-Out.
4. Review Module 3 in preparation for your next meeting.



MODULE THREE

Tip the Balance



What is an energy balance?

Calories are the energy in food. They fuel everything you do from sleeping to running a marathon. 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. Weight control is linked to energy balance. If you eat more calories than you use, you'll gain weight. If you eat fewer calories than you use, you'll lose weight.

*What you eat is just as important as how much you eat.
Quality counts, not just quantity!*

“I got on board with the caloric diary, which made me start thinking about what I was putting in my mouth.”

– Rodney, lost 52 pounds

Calories In (Food & Beverages)

- Calories Out (Activity & Metabolism)

= Weight Loss or Gain

Even something that seems harmless enough can impact the energy balance. For example, eating one extra cookie (about 100 calories) every day would add up to about an extra 10 pounds over a year! (That's if your physical activity level stays the same.) On the other hand, if you ate one fewer cookie every day, you'd lose about 10 pounds over a year!

In This Module You Will:

1. Recognize the link between calories and weight.
2. Identify your eating patterns.
3. Learn how to burn more calories than you take in.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



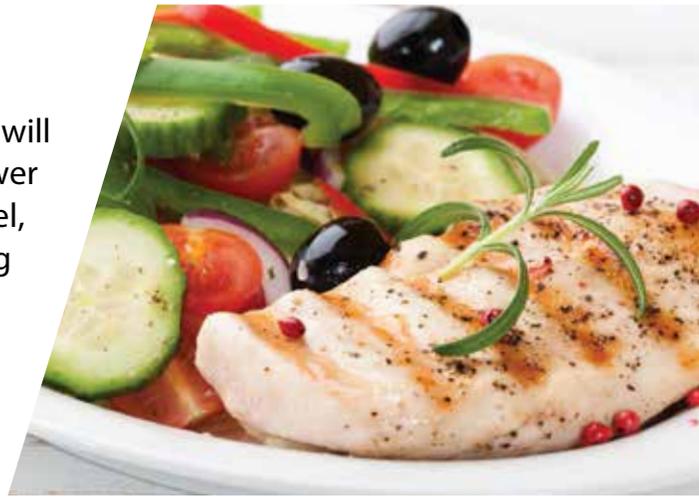
Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Your Calorie Goal

Your calorie goal is the estimated daily caloric intake you will need to achieve your weight-loss goal. If you take in fewer daily calories than your body needs for its daily activity level, your body will use stored body fat as energy—causing you to lose weight. On the other hand, if you take in more daily calories than your body needs for daily activity, your body will add to its fat reserves—causing you to gain weight. Together, we hope to help you change your energy balance!



There are basically three ways to lose or gain weight:

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 with a dietary intake of:

1200-1500 calories/day for women

or

1500-1800 calories/day for men

You can expect better results if you use the lower number from the recommended daily calorie range. 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: _____



Smart Alex

“One pound of body fat is equivalent to 3,500 calories. To lose one pound per week, you would need to cut your current daily intake by a minimum of 500 calories. This moves up to a 1,000-calorie daily reduction to lose two pounds per week. As weight is lost and your body’s composition changes, you may need to reevaluate your daily calorie goal.”

Tarik's Story

Tarik has struggled with managing his weight for most of his life. At his last check-up, Tarik's doctor urges him to lose 30 pounds at a rate of 1 pound per week. To learn more about how to accomplish this goal, Tarik signs up for his local MOVE! Program. Tarik learns he needs to burn 3,500 more calories than he takes in each week. That's 500 calories per day. His MOVE! Facilitator explains Tarik can cut 500 calories per day by:

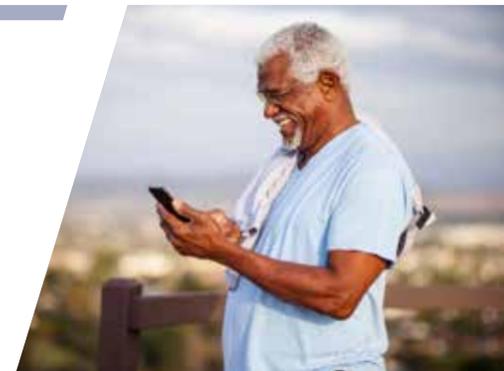
1. Changing his eating habits and taking in 500 fewer calories each day
2. Being more active and burning 500 more calories each day
3. Cutting 500 calories through a mixture of eating and activity changes

Tarik needs about 2,200 calories a day just to stay at the same weight. If he cuts 500 calories per day, that leaves him with a target of 1,700 calories. To Tarik, that doesn't sound like a lot of calories to work with, so he decides to reach his goal through a mixture of eating and activity.

Let's see how Tarik does on Sunday.

What Tarik needs to maintain his current weight: 2,200 calories/day

Tarik's calorie goal to lose weight: 1,700 calories/day



Food	Calories In
Breakfast	400
Morning snack	100
Lunch	500
Afternoon snack	100
Dinner	600
Evening snack	200
Total	1,900

Physical Activity	Calories Out
Brisk morning walk	70
Mows the lawn	90
Brisk evening walk	70
Total	230

Tarik beat his goal by 30 calories!

Calories In	1,900
Calories Out	- 230
	<hr/>
	= 1670

Eating Fewer Calories

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 last week's 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?

It's important to learn what situations trigger unhealthy eating. Think about your eating habits and record patterns that you see. For example:

1. I ate when I wasn't hungry.
2. I skip meals a lot!
3. I tend to overeat when I eat out.
4. I eat a lot of prepackaged high-calorie foods (like frozen pizza).

Fill in your own below:

1: _____

2: _____

3: _____

4: _____

5: _____



Hannah's How-To Eat Fewer Calories

“One way to cut calories 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 substitutions.”

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
One 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
One 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 substitutions in your next meal?



Hannah's How-To Rethink Your Drink

“Another way to cut calories is to think about how much you drink. This chart shows the calories in a variety of drinks, from highest to lowest. For high-calorie drinks, size really matters. Reducing the amount you drink from 20 ounces to 12 ounces can save you calories each day.”

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
Sparkling water (unsweetened)	0	0	0
Water	0	0	0

Circle the drinks you usually have.

How can you reduce your calorie intake from each drink? For example, will you reduce the amount you drink or switch to another lower calorie drink?



Review the table on Types of Milk.

Type of Milk	Calories in 8 oz.
Chocolate milk (whole)	208
Chocolate milk (2%)	190
Chocolate milk (1%)	158
Plain milk (whole)	150
Plain milk (2%)	120
Plain milk (1%)	105
Plain milk (fat free)	90

Source: USDA National Nutrient Database for Standard Reference

“A few months ago, I bought a pizza and ate four slices, but I noticed the next day that I was up 3 pounds. So instead of eating the remaining slices, I threw them away and did some extra walking over the next couple of days.”

– Michael, lost 62 pounds

What type(s) of milk do you currently drink?

Do you see a benefit of switching to a lower calorie milk?



Teresa's Tips

“Next time you make a trip to your favorite coffee spot consider these tips for reducing your calorie intake.

- Ask for your drink to be made with skim milk instead of whole milk
- Order the smallest size you can get
- Hold the flavors. Flavor syrups contain sugar and add calories
- Skip the whip. The whipped cream on top of coffee drinks adds calories and fat
- Order a plain cup of coffee with skim milk, or drink it black”

Burning More Calories



Hannah's How-To
Burn More Calories

“The following table provides the number of calories burned doing 10 minutes of each physical activity listed. The calories will vary depending on a number of factors including weight, age, and environmental conditions. The figures given are for men ranging in weight from 175-250 pounds and women ranging from 140-200 pounds. If you weigh more than this, you will burn more calories per minute.”

Calories Burned in 10 Minutes		
Light Activity	Men	Women
Ballroom dancing	35-50	28-40
Cleaning, sweeping at moderate effort	26-38	21-30
Washing dishes	29-42	23-30
Tai Chi	35-50	28-40
Moderate Activity		
Walking at 4 miles per hour	58-83	46-66
Bicycling at <10 miles per hour	46-66	37-53
Step aerobics	64-91	51-73
Mowing the lawn	64-91	51-73
Raking leaves	44-63	35-50
Shoveling snow	61-88	49-70
Bowling	44-63	35-50
Golf, walking and pulling clubs	61-88	49-70
Slow lap-swimming	63-90	54-72
Vigorous Activity		
Jogging (9 minutes/mile)	149-213	119-170
Basketball	75-108	60-86
Carrying groceries upstairs	87-125	70-100

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____



Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?



“Within the first week, I started losing weight using the tools MOVE! taught me. As the weeks went on, I learned how to shop for food in a healthier way, what foods I should stay away from, and about starting an exercise regimen and actually sticking with it.”

– Ralph, lost 25 pounds

Module Summary

Energy Balance

Weight management is a balance between calories you take in (food and drink) and calories you use (physical activity). To lose weight, you need to take in fewer calories than you use each day.

“If you want to lose the weight, you have to set goals for yourself. For me, it meant setting a goal to walk every day.”

– Jim, lost 82 pounds

Eating Patterns

Learning about your current eating patterns is a crucial step in making healthy lifestyle changes. Only then can you begin to make specific goals. When you look at your food records, you will begin to see patterns in your eating habits. You may tend to eat more during or after certain activities or situations. Or you may skip meals or eat more during certain times of day.

How to Eat Fewer Calories

To meet your 500-calorie daily deficit, make healthy food and drink exchanges. Limiting the amount of oil, butter, cream, and fried foods you consume can help you meet your energy deficit.

How to Burn More Calories

Increase your physical activity to burn more calories and meet your daily calorie deficit. There are many kinds of activities that can help keep you engaged and moving!

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider your energy balance as you set goals for eating wisely and physical activity.
4. Review Module 4 in preparation for your next meeting.

Notes:



MODULE FOUR

Eat Wisely



How do I get started with changing my eating habits?

MOVE! is all 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 basic healthy eating tips to get you started. Consider some of these options when you write your weekly SMART goals.

Good Nutrition = Results

“not only learned how to eat, I learned how to live.”

– Lee, lost 32 pounds

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—drink a glass before each meal

Fix foods at home

Use a plate for snacks and portion control

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

In This Module You Will:

1. Learn how to create a healthy plate.
2. Recognize the items in each food group.
3. Identify common serving sizes.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Eat Healthy by Creating a Healthy Plate

Creating a healthy plate helps you reduce health risks by thinking about what goes on your plate or in your glass before you eat. Vegetables, whole grains, low-fat dairy products, fruits, and lean protein foods are all great choices. Eating from all food groups helps make sure you get all the nutrients you need. Before each meal ask yourself, "How healthy is my plate?" Use the guidelines in this section to help you measure your plate.

My Healthy Plate

50%

Non-starchy
Vegetables
and Fruits

**Optional items
include:**

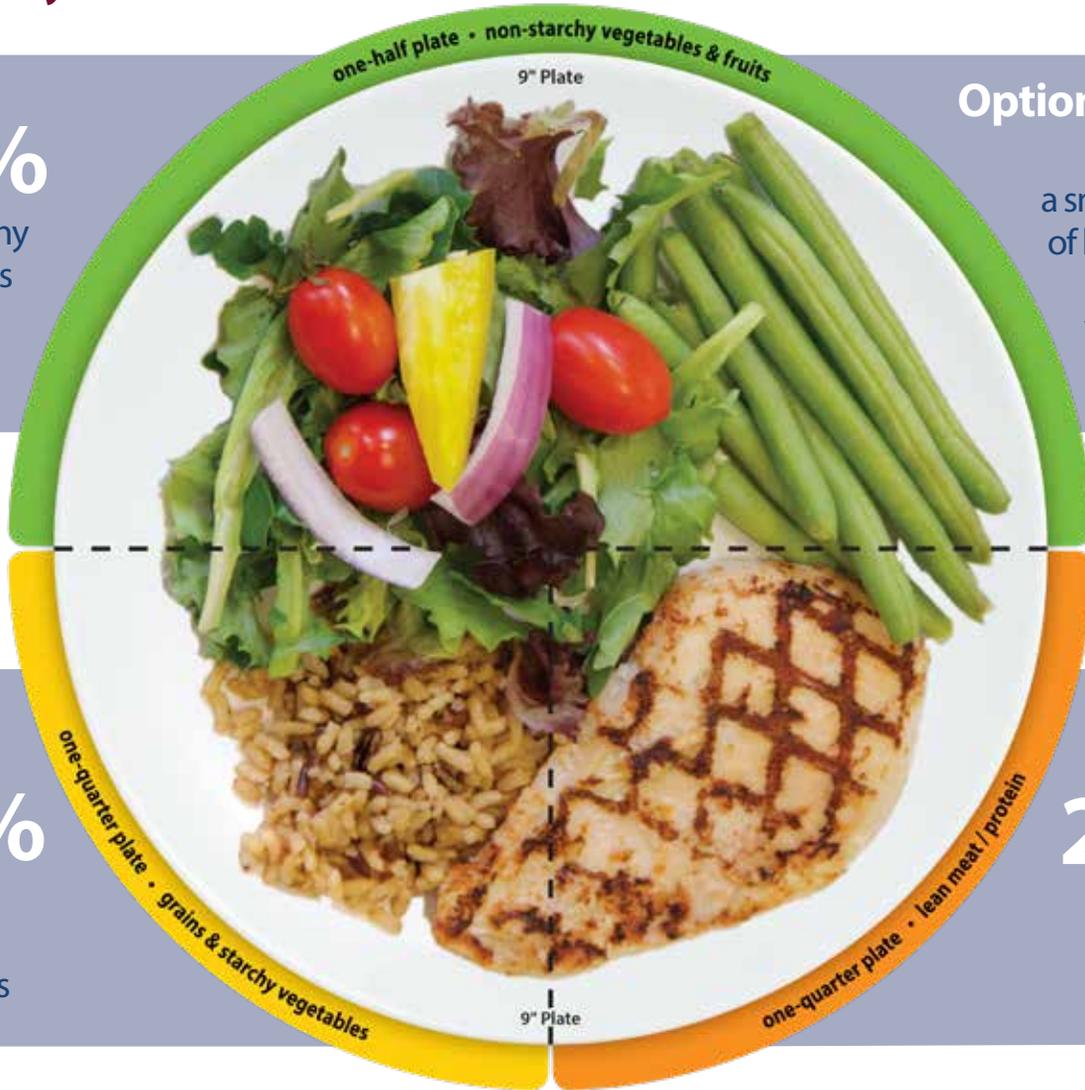
a small amount
of low-fat dairy
and a drink
with little or
no calories.

25%

Starch or
Starchy
Vegetables

25%

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

Rate My Plate

Think about what you ate for dinner last night. Draw your meal, including the types of foods and the portion sizes, on the plate below. Consider how well your plate matched the recommended healthy plate.



How could you make your plate healthier next time?

Use the MOVE! Coach app to track your food.



Teresa's Tips

“Creating a healthy plate and managing your portion sizes can reduce risks of developing diseases such as obesity, heart disease, diabetes, and some types of cancer.”

My Healthy Plate Food Groups



50% Non-starchy Vegetables and Fruits

Non-starchy vegetables and fruits are low in calories and full of fiber, vitamins, minerals, and antioxidants. The extra fiber helps you feel full, controls hunger, and supports successful weight loss. If you have a sweet tooth or want a little treat, eating fruit is the healthiest way to indulge.

Tip: You can choose fresh, canned, or frozen fruits and vegetables. Choose fruits and vegetables with a variety of colors, especially dark green, red, and orange.



Non-starchy Vegetables

- | | |
|-----------|--------------|
| Asparagus | Cucumbers |
| Broccoli | Leafy greens |
| Cabbage | Green beans |
| Tomatoes | Mushrooms |
| Carrots | Peppers |
| Onions | Celery |

Fruits

- | | |
|----------|--------------|
| Bananas | Blueberries |
| Apples | Grapefruit |
| Apricots | Melons |
| Oranges | Strawberries |
| Pears | Grapes |
| Kiwi | Dates |

Foods to Limit

- Limit dried fruits to ¼-cup serving
- Fruit with added sugars or syrup
- Vegetables with added salt, butter, or cream sauces
- Fruit juice with added sugars
- Overcooking or boiling vegetables removes vitamins
- Canned vegetables with added salt



25% Whole Grains and Starchy Vegetables

Whole grains and starchy vegetables are great sources of fiber, antioxidants, minerals, and B-vitamins. Each day, at least half of the grains we eat should be whole grains. Whole grain means it is the “complete” grain. Refined grains have been milled and are usually “white” grains. Milling not only removes most of the fiber, but also removes up to 25% of the grain’s protein and many essential nutrients.

Tip: Check the ingredient list and look for the first or second ingredient to include the words “whole” or “whole grain.”

Whole Grains and Starchy Vegetables

- 100% whole grain cereal
- 100% whole wheat bread
- 100% corn tortillas
- 100% whole wheat pasta
- Brown rice
- Black beans
- Green Peas
- Popcorn
- Lentils
- Yams
- Oatmeal
- Potatoes
- Pumpkin
- Squash
- Corn



Foods to Limit

- Frosted corn flakes, degerminated cornmeal
- Refined grains or “white” grains (white bread, white rice)
- Tortilla chips, potato chips
- “Enriched” wheat or semolina pasta
- Crackers made with “enriched” wheat flour
- Vegetables with added salt, butter, or cream sauces
- “Enriched” flour
- Popcorn with added salt or butter



25% Lean Protein

Protein is necessary to build and maintain healthy muscle mass while supporting tendons, ligaments, and other tissues. We need protein to keep our bodies in good working order, repair body cells, and protect us from bacteria and viruses. Vary your protein choices by including seafood, beans, and nuts.



Lean Protein

Eggs

Fish and seafood (salmon, trout, herring, shrimp)

Lean meats (lean ground beef, top loin steak, round eye roast, poultry, pork loin). Choose beef cuts labeled "choice" or "select."

Natural or raw nuts or nuts in the shell

Foods to Limit

- Fatty meat (bacon, bologna)
- Nuts with added oils from roasting
- Breaded meat and poultry
- Poultry skin



Smart Alex

"All foods can fit. Research has shown that people who do not forbid themselves from having certain foods tend to have better weight-loss outcomes. People who don't deny themselves specific foods or food groups experience less internal pressure to diet because they have a broader understanding of how their food intake impacts their overall energy balance."

Healthy Dairy Options

Dairy products are loaded with essential vitamins and minerals, including carbohydrates, protein, calcium, and vitamins A, D, and B12. Three servings of dairy per day can improve bone health and may reduce the risk of osteoporosis. Dairy intake is associated with a reduced risk of cardiovascular disease and Type 2 diabetes and with lower blood pressure in adults.

Healthy Dairy

Skim or low-fat milk

Low-fat cheese

Unsweetened low-fat soy or almond milk

Plain nonfat or low-fat yogurt

Foods to Limit

- Whole milk
- High-fat cheese
- Yogurt high in fat or with added sugars



Additional Foods to Limit

Foods with Added Sugar

Processed snack foods	Corn syrup	Molasses
Cookies	Ice cream	Sugar
Candy	Honey	

Fatty Foods

Deep-fried foods (French fries, fried chicken)	Full-fat cheese
Fatty meat (bacon, bologna, regular ground beef)	Whole milk
Creamy salad dressings	Shortening
	Butter
	Lard



Watch Out for Liquid Calories



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

Water is the best beverage choice

- It's recommended you drink 8-12 cups of water per day.
- It's an essential nutrient and has zero calories.
- It's the best thirst-quencher. Always keep a water bottle with you.
- It helps you stay satisfied and feel full.

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 just cut back. Remember to check the serving size and number of servings on the can or bottle. Select smaller cans or cups instead of large options.



Smart Alex

“Heat, physical activity, and diet can increase your need for water. Watch out for signs of dehydration; they include headaches, loss of energy, constipation, dry lips and tongue, dry skin, muscle or joint soreness, muscle cramps, light headedness, nausea, vomiting, elevated body temperature, water retention problems, hoarse voice, restlessness, and low-volume and/or dark-colored urine. Be sure to drink up!”

Beverage Swap

List your top three favorite sugary, high-calorie beverages. What exchanges can you make to reduce your beverage calorie intake?

Sugary/High-Calorie Drinks:

Exchanges:



Size It Up!

Identifying the correct serving size is important for portion control. A portion is the amount of food you choose to eat. A serving is a standard amount of food. It helps you estimate about how much to eat. You can use everyday items or even your hand to estimate a serving size.

<p>1 teaspoon</p>	<p>¼ cup</p>	<p>3 ounces of meat</p>
<p>1 tablespoon</p>	<p>½ cup</p>	<p>1 medium baked potato</p>
<p>1 ounce</p>	<p>1 cup</p>	<p>1 medium piece of fruit</p>

“When I compared the recommended serving sizes to the portion sizes that people typically eat, I was shocked. I’d been eating more than twice the serving size without even realizing it!”

– Michael, lost 62 pounds



Smart Alex

“Understanding satiety or feeling full—the process of feeling full after eating—is complex. A full stomach is only part of the process. Digestive hormones secreted by the gut also signal the brain when the stomach is being filled by food or water. It can take up to 20 minutes for this feedback system to tell your brain how full you are. It is important to eat slowly and savor your meal so that your brain knows when you are satisfied, making it less likely that you will eat until you’re stuffed.”

Building a Healthy Plate Based on Your Caloric Target

The tables below provide general guidelines for food-group breakdowns based on the target calorie range you identified in Module 3. If you want to know more about a dietary plan that is more specific to your age, physical conditions, or dietary restrictions, please talk to your MOVE! team for a more personalized plan.

Look back to Module 3 to find your daily target calorie range. Review how many servings of each food group you should eat per day to meet that target calorie range.

Daily Calorie Intake	1,000	1,200	1,400	1,600	1,800	2,000
Food Group	Amount of Food from Each Group					
Fruits (cups/day)	1 cup	1 cup	1 ½ cups	1 ½ cups	1 ½ cups	2 cups
Vegetables (cups/day)	1 cup	1 ½ cups	1 ½ cups	1 ½ cups	1 ½ cups	2 cups
Non-starchy veg (cups/week)	5	7	7	9	11	11
Beans and peas (cups/week)	½	½	½	1	1 ½	1 ½
Starchy veg (cups/week)	2	3 ½	3 ½	4	5	5
Grains (ounces/day)	3 oz.	4 oz.	5 oz.	6 oz.	6 oz.	6 oz.
Whole grains (ounces/day)	1 ½	2	2 ½	3	3	3
Refined grains (ounces/day)	1 ½	2	2 ½	3	3	3
Protein Foods (ounces/day)	2 oz.	3 oz.	4 oz.	5 oz.	5 oz.	5 ½ oz.
Meats, poultry, eggs (ounces/week)	10	14	19	23	23	26
Seafood (ounces/week)	3	4	6	8	8	8
Nuts, seeds, soy products (ounces/week)	2	2	3	4	4	5
Dairy (cups/day)	2 cups	2 ½ cups	2 ½ cups	3 cups	3 cups	3 cups
Oils (grams/day)	15 g	17 g	17 g	22 g	24 g	27 g

Note: Available at www.cnpp.usda.gov/USDAFoodPatterns

Now that you have reviewed the daily recommended serving sizes for your target calorie range, let's see how you can turn it into an example healthy meal plan (see also Module 8 – Meal Planning, Shopping, and Cooking). Notice how each meal plan varies based on eating styles and preferences. For example, Meal Plan B—light eating throughout the day with a large dinner, Meal Plan C—consistent eating throughout the day.

Meal Plan A (based on a 1,400-calorie plan)		Meal Plan B (based on a 1,400-calorie plan)		Meal Plan C (based on a 1,400-calorie plan)	
Breakfast		Breakfast		Breakfast	
Grains	2 ounces	Grains	1 ounce	Fruits	1 cup
Fruits	½ cup	Dairy	½ cup	Dairy	1 cup
Dairy	½ cup	Protein	1 ounce	Morning Snack	
Morning Snack		Morning Snack		Grains	1 ounce
Grains	1 ounce	Fruits	1 cup	Dairy	½ cup
Fruit	½ cup	Dairy	½ cup	Protein	½ ounce
Lunch		Lunch		Lunch	
Grains	1 ounce	Grains	1 ounce	Grains	1 ½ ounces
Vegetables	½ cup	Vegetables	½ cup	Vegetables	½ cup
Fruits	½ cup	Dairy	½ cup	Dairy	½ cup
Dairy	½ cup	Protein	1 ounce	Afternoon Snack	
Protein	1 ounce	Afternoon Snack		Grains	1 ounce
Afternoon Snack		Grains	1 ounce	Vegetables	½ cup
Vegetables	½ cup	Vegetables	½ cup	Dairy	½ cup
Dairy	½ cup	Dinner		Protein	½ ounce
Dinner		Grains	2 ounces	Dinner	
Grains	1 ounce	Vegetables	½ cup	Grains	1 ½ ounces
Vegetables	½ cup	Fruits	½ cup	Vegetables	½ cup
Dairy	1 cup	Dairy	1 cup	Fruits	½ cup
Protein	3 ounces	Protein	2 ounces	Protein	3 ounces

Note: Available at <https://supertracker.usda.gov/samplemealplans.aspx>

Proportions adjusted for a 1,400-calorie plan.

Busting Barriers

Now let's review some common barriers to eating healthy and some potential solutions. Which of these challenges do you think you might encounter? How might you solve them? People who can anticipate challenges and are ready to respond with a solution are more successful at maintaining change.

Barrier	Barrier Buster
<p>Shopping for healthy food is too expensive.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use coupons and buy foods on sale. <input type="checkbox"/> Buy in bulk. <input type="checkbox"/> Buy fruits and veggies that are in season or grow your own. <input type="checkbox"/> Buy frozen fruits and veggies.
<p>Shopping for and cooking healthy food takes up too much time.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Ask friends or family to help you get things done. <input type="checkbox"/> Shop on the weekends. <input type="checkbox"/> Use a list to make sure you get everything you need for the week. <input type="checkbox"/> Buy healthy convenience items, like prewashed salad. <input type="checkbox"/> Look for recipes for fast, healthy meals.
<p>I don't like the way healthy food tastes.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Choose items with a variety of flavors, textures, scents, and colors. <input type="checkbox"/> Dress up food with herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, plain nonfat yogurt, or salsa. <input type="checkbox"/> Grill or roast veggies and meat to bring out the flavor. <input type="checkbox"/> Learn new cooking methods and recipes from books or videos, or take a healthy cooking class.
<p><i>Write your own</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> _____ _____ _____

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____

Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?



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

– Floyd, lost 54 pounds

Module Summary

Eating Strategies

Remember the BE MINDFUL eating strategies.

- B**uy healthy foods to keep at home and work
- E**at a nutritious breakfast everyday
- M**ake a healthy plate
- I**nvolve others, eat at the table, take your time, and savor your food
- N**ourish your body; avoid skipping or delaying meals
- D**rink more water, drink a glass before each meal
- F**ix foods at home
- U**se a plate for snacks and portion control
- L**imit high-fat, high-calorie, and sugar-sweetened foods

Create a Healthy Plate

Eating healthy is about eating foods from all food groups and building a healthy plate to get the nutrients your body needs. Creating a healthy plate and monitoring your portion sizes will help you lose weight. Try to choose low-fat foods from each group to eat less fat and calories. Your plate should consist of:

- 50% non-starchy vegetables and fruits
- 25% whole grains or starchy vegetables
- 25% lean protein
- Don't forget to include healthy dairy options and drink plenty of water

Avoid Liquid Calories

Pay attention to the calories you consume through drinks. Drinking water can help you avoid unnecessary calories from sugar-sweetened beverages. Drinking water before each meal will also help you feel fuller. Be sure to get enough dairy (milk or calcium-fortified dairy alternatives) as well; it offers key nutrients like calcium, vitamin D, and potassium. When water and milk just won't do, be mindful of how much you are drinking and keep track of your liquid calories in your *Food and Activity Log*.

Recommended Food Servings and Portion Sizes

This module discussed general serving-size recommendations for various daily caloric intake plans you can use when building your healthy plate. You can use everyday items to estimate the serving size of your foods. It is important to maintain a well-balanced diet to achieve weight loss.

Module To-Do:

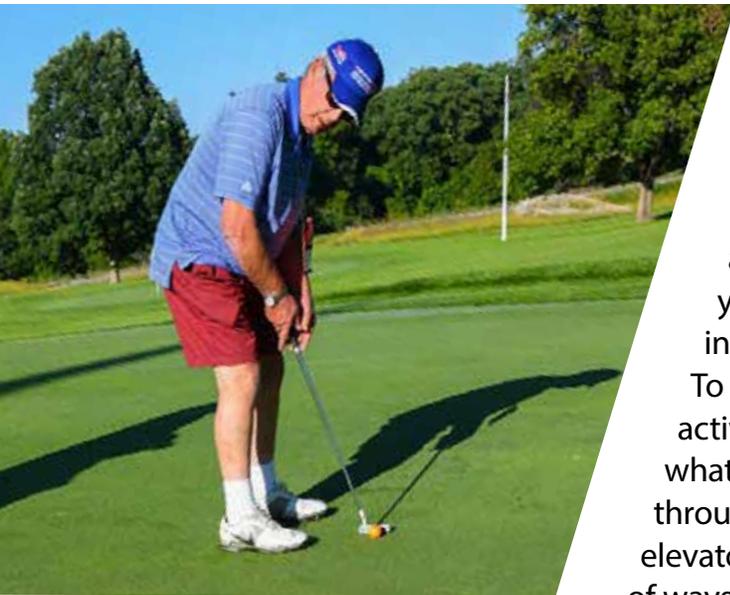
1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your Food and Activity Log every day.
3. Consider how healthy your plate is at each meal. Are you meeting the My Healthy Plate guidelines? What changes do you need to make to create a healthy plate?
4. Review Module 5 in preparation for your next meeting.

Notes:



MODULE FIVE

Get Fit for Life



How do I get started with changing my physical activity?

MOVE! is all about getting up and moving! 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, consult 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 works best for you. Also, it helps to find Active Moments throughout the day, such as taking the stairs instead of the elevator or parking farther away from the door. There are lots of ways to be active and enjoy yourself, so mix it up!!

Strive for progress, not perfection!

There are many health benefits to being physically active. Physical activity helps you manage your weight and reduces the risks 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.

“I walk more, park farther away, and take the stairs.

I wear my pedometer every day.”

– Terrill, lost 31 pounds

In This Module You Will:

1. Identify ways to get active that work for you.
2. Describe the benefits of getting active.
3. Learn how to get fit.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Types of Physical Activity

Physical activity is anything that gets the body moving. The three types of physical activity—programmed, lifestyle, and work activity—all build upon each other. They help meet physical activity goals, reduce boredom, and keep your mind and body challenged. Here are some examples of each type of activity.

Check off the things you're already doing and star the things you want to start doing.

Lifestyle Activities

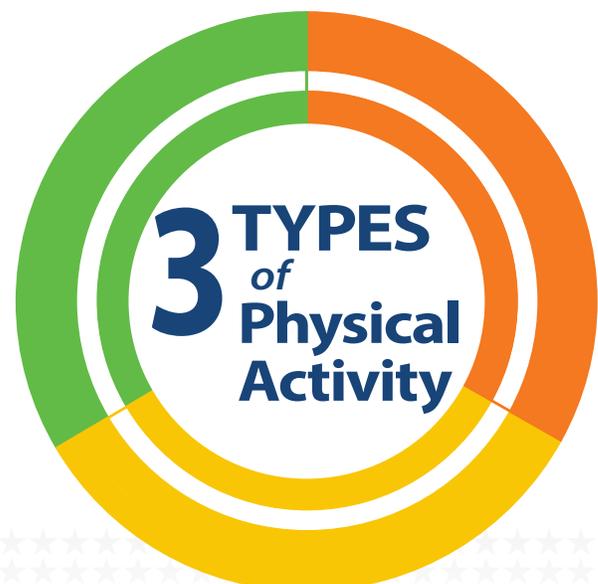
Be active at home. Lifestyle activities may be the easiest category in which to participate because the movement comes from your daily activities or chores. These are your *Active Moments* throughout the day. Find them and gradually increase their frequency and intensity.

- Wash your car
- Vacuum
- Chop or split wood
- March in place during TV commercials
- Do yardwork
- Walk extra laps when you are at the mall
- Get off the bus one stop early and walk the rest of the way
- Walk or ride a bicycle for transportation instead of riding in a car or bus
- Run or walk briskly when you do errands
- Replace Sunday drives with Sunday walks
- Play actively with your children (or grandchildren) or pets for 15-30 minutes
- Walk whenever you can—after dinner, with the dog, when golfing

Work Activities

Be active on the job. Work activities involve finding *Active Moments* while at work.

- Take the stairs instead of the elevator (up or down)
- Stand up while talking on the phone
- Walk during your lunch break
- Try to get at least 250 steps every hour
- Stand during long meetings
- Use a copy machine on the other side of the building
- Walk down the hall to talk to a co-worker instead of phoning or emailing
- Use a resistance band or stability ball in your office when you can





Programmed Activities

Be active and exercise. Programmed activities are probably what most people think of as organized or structured exercise. Along with lifestyle and work activities, programmed activities are a terrific way to get active, add variety, and involve others. There are four kinds of programmed activities: cardio, strengthening, flexibility, and stability.



Cardiovascular (or “cardio”)

- Walking
- Jogging or running
- Stair climbing
- Aerobics & water aerobics
- Dancing
- Cycling
- Roller or ice skating
- Chair exercises
- Machines (treadmill, stationary bike, elliptical, rowing)
- Any sport you enjoy (basketball, tennis, swimming, golf, pickle ball)

Stability

- Standing balance exercises
- Seated balance exercises
- Stability ball balance exercises
- Core exercises
- Tai Chi

Strengthening

- Free weights
- Resistance tubes & bands
- Weight machines
- Pilates
- Calisthenics
- Medicine balls
- Body weight exercises

Flexibility

- Use a foam roller over tight muscles
- Pilates
- Stretching—passive and active
- Yoga
- Breathing exercises

Why should I be physically active?

How Active Should I Be?

The *2018 Physical Activity Guidelines for Americans* states that you can protect your health by being physically active. Just **150 minutes (2½ hours) per week** of moderate-intensity physical activity can lead to important health benefits.

Adult Physical Activity Recommendations

- Avoid being inactive—some 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 strength activities at least 2 days a week
- Spread your activity out—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 carry on a conversation, 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 aerobics classes.”

Measures of Intensity

There are **two** ways to measure physical activity intensity: taking your heart rate and using the Rate of Perceived Exertion Chart. Let's review both so you can decide which one is right for you.

Know Your Heart Rate

Taking your pulse during physical activity allows you to measure how hard you are exercising. You should exercise to stay within your target heart range.

The table on the next page shows target heart rate ranges for exercise based on the maximal heart rate for selected ages. For example, the target heart rate for a 45-year-old will be 88-149 beats per minute, from moderate-to-vigorous activity.

Compare your measured heart rate to the target heart rate zone.

- For moderate-intensity activity, your heart rate should be closer to the 50% range.
- For vigorous-intensity activity, your heart rate should be closer to the 85% range.

Target Heart Rate Ranges Based on Age

50%-85% of Maximum Heart Rate

Age (years)	50% (BPM)	70% (BPM)	85% (BPM)	Maximum Heart Rate (BPM)
20	100	140	170	200
25	98	137	166	195
30	95	133	162	190
35	93	130	157	185
40	90	126	153	180
45	88	123	149	175
50	85	119	145	170
55	83	116	140	165
60	80	112	136	160
65	78	109	132	155
70	75	105	128	150
75	73	102	123	145
80	70	98	119	140
85	68	95	115	135

*BPM = Beats Per Minute

Increasing your heart rate is a key part of exercise, and it is important that your heart rate is not too high or too low.

You should always be able to breathe comfortably while exercising to ensure you are exercising at a level that is safe and effective for your body. Note that if you take beta blockers to treat high blood pressure, they may prevent you from reaching your target heart rate. It may be helpful to use another measure of intensity like the RPE Scale.



Hannah's How-To Measure Your Heart Rate

1. Use your index and middle fingers to take your pulse. Don't use your thumb.
2. Place these two fingers on your wrist, just below the base of the thumb.
3. Count the number of beats (pulses) for 15 seconds.
4. Take this number and multiply by 4 to find your heart rate in beats per minute.
 - a. For example, if you count 25 beats— $25 \times 4 = 100$ beats per minute.
 - b. A quick way to do this in your head is to double the number twice.
25 doubled is 50. 50 doubled is 100.

Rate of Perceived Exertion Chart

10 MAX EFFORT ACTIVITY

Feels almost impossible to keep going. Completely out of breath/unable to talk.

9 VERY HARD ACTIVITY

Very difficult to maintain exercise intensity. Can barely breathe or speak a single word.

7-8 VIGOROUS ACTIVITY

On the verge of becoming uncomfortable. Short of breath/can speak a sentence.

4-6 MODERATE ACTIVITY

Feels like you can exercise for hours. Breathing heavily/can have a short conversation.

2-3 LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and have a conversation.

1 VERY LIGHT ACTIVITY

Anything other than sleeping. For example, watching TV, riding in a car.



Smart Alex

“You can use the RPE Chart to rate how hard you are exercising. Cardio activities should be done at levels 4-8, or moderate to vigorous. Strength activities should be done at levels 7-9, or vigorous to very hard. You can gradually increase intensity as you become more fit with consistent activity. Activities that used to be hard will become easier over time.”

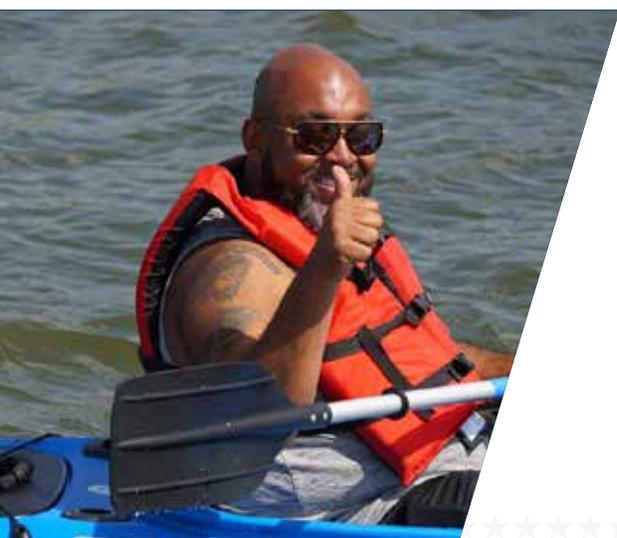
How Active Am I?

At MOVE!, we recognize that not all Veterans will be able to meet the physical activity guidelines right away—it is a physical activity target to work toward. Let’s assess where you are right now compared to what your physical activity goals are.



Target Activity Level	Current Activity Level
Be active at least 5 days per week	I am active _____ days per week.
Be active for at least 10 minutes at a time	I am active for at least _____ minutes at a time.
Do strengthening activities at least 2 days per week	I do strengthening activities _____ days per week.
Do 150 minutes of moderate-intensity activity or Do 75 minutes of vigorous-intensity activity per week	I do _____ minutes of _____-intensity activity per week.

See Module 9 for progressive activity plans to get you started with cardio, strengthening, and stretching. Refer to these as you develop your physical activity goals.



“Find an exercise program that fits your schedule and stick to it.”

– Thomas, lost 70 pounds

Preparing to Get Fit

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



Safety First

- If you are concerned about starting to increase your activity, consult 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—this will help you avoid injury
- Mix up your activities to prevent strain on any one part 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 your joints hurt

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
- Signs that you are overheated: headache; a fast heartbeat; feel dizzy; sick to your stomach, or faint



Teresa's Tips

“A simple way to plan and progress your physical activity is to follow the concept of FITT! Frequency, Intensity, Time, and 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?”*

Using a Fitness Tracker

A pedometer or activity tracker can help you monitor your steps, get feedback on your activity, and reach your physical activity goals. It is important to wear your pedometer or activity tracker every day.

Walking is a fantastic way to help you lose weight, keep the weight off, and improve your health. Track your steps for one week to find your daily average number of steps. Then each week, set new goals to increase your number of daily steps. For example, if your daily average number of steps is 3,000, try to increase to 3,500 per day. Then you can work your way up to 10,000 per day, which meets the Physical Activity Guidelines for Americans. Try to get up and walk every hour!



Note: Pedometers and activity trackers will measure your steps and activity in different ways: the swing of your arm, GPS, etc. Be sure to read the instructions to know how your device works.



“MOVE! has given me more motivation. I exercise about 1½ hours every day.

Even with my neuropathy, I walk 20-25 minutes twice a day. I have a recumbent bike which helps my back and is a good cardio workout.”

– Ralph, lost 148 pounds

Busting Barriers

Now let's review some common barriers to being physically active and some potential solutions. Which of these challenges do you think you might encounter? How might you solve them? People who can anticipate challenges and are ready to respond with a solution are more successful at maintaining change.

Barrier	Barrier Buster
<p>I am not motivated to exercise.</p>	<p><input type="checkbox"/> Identify reasons it is important to YOU to increase your physical activity.</p>
<p>I don't have time to be active.</p>	<p><input type="checkbox"/> Break your 150 minutes into smaller chunks, as small as 10 minutes.</p> <p><input type="checkbox"/> Take the stairs instead of the elevator, even to go down!</p> <p><input type="checkbox"/> Use a fitness app to track your activity.</p> <p><input type="checkbox"/> Schedule your activity to help make it a priority.</p> <p><input type="checkbox"/> Increase the intensity while doing chores (vacuum, sweep, or garden briskly).</p> <p><input type="checkbox"/> Stretch, do sit-ups, or pedal a stationary bike while you watch TV.</p> <p><input type="checkbox"/> Take a walk during your break or lunch.</p> <p><input type="checkbox"/> Join a nearby gym. Stop off before or after work.</p>
<p>I feel embarrassed.</p>	<p><input type="checkbox"/> Work out in your own home.</p> <p><input type="checkbox"/> Work out with a friend.</p> <p><input type="checkbox"/> Consider joining a men-only or women-only gym.</p>
<p>Working out is boring.</p>	<p><input type="checkbox"/> Work out with a friend.</p> <p><input type="checkbox"/> Join a community sports league or walking group.</p> <p><input type="checkbox"/> Use a fitness app to challenge yourself and track progress.</p> <p><input type="checkbox"/> Listen to music, watch TV, or talk on the phone while you are active to help make it more interesting.</p> <p><input type="checkbox"/> Keep trying new activities until you find something you like.</p>

Barrier	Barrier Buster
<p>It costs too much.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Do free activities like walking. <input type="checkbox"/> Buy workout clothes and equipment on sale. <input type="checkbox"/> Look for free fitness classes at your library or community center. <input type="checkbox"/> Attend a VA Be Active and MOVE! class.
<p>It is hard to exercise when it's too hot or too cold outside.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Walk around a mall. <input type="checkbox"/> Get an exercise video from a local library. <input type="checkbox"/> Use items around the house for strength training, like canned food or water bottles. <input type="checkbox"/> Join the local gym or participate in community classes. <input type="checkbox"/> Use active video games. <input type="checkbox"/> Put on some music and dance.
<p>Being active is painful or tiring.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Ask your health care team for some ways to get active that are right for you. <input type="checkbox"/> Work out safely (see <i>Preparing to Get Fit</i>). <input type="checkbox"/> Work out at the time of day when you have the most energy. <input type="checkbox"/> Walk slowly or swim. <input type="checkbox"/> Do yoga or Tai Chi.

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____



MODULE FIVE

Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Module Summary

Types of Activity

In this module, you learned there are many ways to be active. Lifestyle activities include being active during your daily routines and chores. Work activities involve ways to be active while at work. Finally, programmed activities include planned exercise such as cardio, strengthening, flexibility, and stability exercises. It may be helpful to try several different activities to find what works best for you.

Get Fit

In this module, you learned how often, how long, and how intense each type of physical activity should be. Remember to set small goals to increase your endurance. Increase your frequency of activity before you increase the intensity. Don't overdo it! Pushing your body too hard can result in injuries and reduced motivation.

Stay Safe

Some activity is better than no activity. It is important to be active safely. Be sure to warm up, cool down, and stretch when active. Stay hydrated, and monitor your intensity level. Start small and gradually increase your activity to prevent injury or muscle fatigue.

Have fun when you work out and it won't feel like work.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider your current physical activity level. How will you gradually increase your activity on a daily and weekly basis?
4. Review Module 6 in preparation for your next meeting.

Notes:



MODULE SIX

Take Charge of Your Weight



How do I set myself up for success?

This module will discuss how thoughts, feelings, and behavior work together to help or hinder your weight-loss progress. Each plays an integral role in how you perceive weight management. First, it is important to be aware of your thoughts and feelings about weight loss, particularly those that might be getting in your way. Rethinking unhelpful thoughts can keep you in the right mindset for progress. Identifying feelings that may trigger eating can help prevent patterns of overeating. Practicing mindfulness and paying attention to how your thoughts and feelings affect your behavior is a crucial step to better weight management.

“Everything about the MOVE! Program seemed to work for me.

From day 1, realizing it is a ‘self-managed’ program clearly defined my own responsibility to succeed.”

– Bob, lost 40 pounds

Every positive thought propels you in the right direction.

In This Module You Will:

1. Learn about the relationship between thoughts, feelings, and behavior
2. Recognize unhelpful thoughts and how to rethink them
3. Describe how feelings (both physical and emotional) influence eating

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Raising Awareness

Thoughts, feelings (both physical and emotional), and behavior can influence each other. Feelings such as hunger, sadness, boredom, or fear can trigger eating behavior, and eating may result in different feelings like happiness, anger, frustration, or fullness. Understanding how your thoughts and feelings influence eating (and how eating influences your thoughts and feelings) is another step to reaching your weight management goals. Practicing *mindful awareness*, or *mindfulness*, is a way to do this. Mindfulness means being fully aware of what is going on within and around you without judgement.

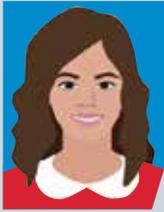
Consider the examples below. In this situation, thoughts and feelings increased the urge to eat. Has something like this ever happened to you before? Have you noticed any other thoughts or feelings that influence your eating or physical activity?

Situation: You didn't lose weight this week.

	<p>"I'm tired of working so hard. I can never eat what I want."</p>	
<p>Feelings</p>	<p>Thoughts</p>	<p>Behaviors</p>
<p>You feel deprived and frustrated.</p>		<p>You stop using your food and activity log.</p>

Situation: You overate at dinner.

	<p>"I did it again. I'll never lose weight."</p>	
<p>Feelings</p>	<p>Thoughts</p>	<p>Behaviors</p>
<p>You feel discouraged.</p>		<p>You skip a meal the next day.</p>



Teresa's Tips

"Your *attitude* about weight loss is driven by your thoughts and emotions and is reflected in your behavior. A negative attitude can get in the way of achieving your weight-loss goals. To keep a positive attitude, keep unhelpful thoughts in check, set achievable goals, and reward yourself for achieving your goals. Be kind to yourself through the ups and downs of your weight management journey. A positive attitude will help you succeed!"

Practicing Mindful Awareness

When you have a desire or urge to eat, stop and pay attention to what you are thinking and feeling. Be sure to write down thoughts and feelings that you notice and what you do in response. The more you pay attention to these things and write them down, the easier it will be to find patterns. Being aware of patterns gives you the ability to change them - whether it's rethinking your thoughts, addressing your feelings, or choosing a different response.



This week, when you find yourself engaging in unhealthy eating, take out this chart and write down your feelings and thoughts and what you did. *Circle* any unhelpful thoughts and behaviors and think about what you could do differently next time.

Situation Day, time, what was going on?	Feelings What were you feeling?	Thoughts What were you thinking?	Behaviors What did you do?
Tuesday, after dinner, paying bills	Anxious, stressed	I'll feel better after a snack break.	Stopped for a snack break even though I wasn't hungry. Didn't finish paying bills.

Conquering Unhelpful Thoughts

How you think about weight management can affect how successful you are. Some may think their emotional response is determined or caused by the situation. Really, it's how you interpret or think about different situations that creates your emotional reactions. Sometimes errors in thinking can lead to discouragement or negative feelings that may decrease control over eating. It is important to remember that a *thought* is just a *thought*—it isn't necessarily wrong or right, true or false. If you can rethink unhelpful thoughts, you'll have the confidence to make positive lifestyle changes.



Recognizing Unhelpful Thoughts

Let's review some common mistakes in thinking and some alternative ways of thinking. Which of these thoughts have you had or do you think you might encounter? Recognizing unhelpful thoughts is the first step to changing them!

Type of Thought	Example	Rethink It
All or Nothing	I've blown the entire day.	<ul style="list-style-type: none"> I had one slip at lunch but I can get back on track at dinner. I won't give up because of one slip.
Making Excuses	I can't meet my eating goals because my wife keeps making cookies.	<ul style="list-style-type: none"> I can enjoy a cookie as long I don't overdo it. I will ask my wife to make something healthy instead.
Filtering Information	I haven't stuck to my diet at all this week.	<ul style="list-style-type: none"> I stuck to my diet four out of seven days. I have a plan for how to stay on track in the future.
Self-Labeling	I'm the world's worst cook.	<ul style="list-style-type: none"> My daughter liked the stir-fry I made last night. I'll keep learning more about cooking.
Comparing	Teo has lost so much more weight than I have.	<ul style="list-style-type: none"> I'm not going to give up. I'll ask Teo for some tips.
Assume the Worst	I just know I'm going to get hurt. Then I won't be able to work out.	<ul style="list-style-type: none"> I'll take steps to work out safely. If I do get hurt, I'll find a different way to be active.
Overgeneralizing	I'll never be able to lose weight.	<ul style="list-style-type: none"> With hard work, I can lose weight. I have to be patient if the weight doesn't come off right away.
Imperatives	I must eat everything on my plate.	<ul style="list-style-type: none"> Whatever I don't eat, I can save for leftovers.



Tom's Toolkit

“When you catch yourself feeling bad (stressed, angry, hurt, anxious, scared, sad, etc.), use these simple steps to rethink your unhelpful thoughts.

1. Recognize your unhelpful thought—what were you thinking or telling yourself when you were feeling bad?
2. Question it—is it a realistic thought? Is there evidence that this thought is true?
3. Ask yourself—is it helpful to think this way?
4. Consider alternatives—are there other ways of thinking about this? Are there other things that could be true?”

Rethinking Unhelpful Thoughts

Now let's practice using the four steps to rethinking unhelpful thoughts. Write down two unhelpful thoughts from the *Practicing Mindful Awareness* activity. Work through the steps to rethink your unhelpful thought.

	Thought 1	Thought 2
<p>Step 1 Recognize your unhelpful thought—what were you thinking or telling yourself?</p>		
<p>Step 2 Question it—is this a realistic thought? Is there evidence that this thought is true?</p>		
<p>Step 3 Ask yourself—is it helpful to think this way?</p>		
<p>Step 4 Consider alternatives—what are other ways of thinking about this? Are there other things that could be true?</p>		



Teresa's Tips

“Every behavior is a choice, and every choice has a consequence—you have control over what you do. Realizing every behavior is a choice empowers you to make more positive choices in the future!”

Emotional Triggers

An important first step in making lifestyle changes is to understand your habits. How often do you eat more than you planned in each of these situations?



Use the 1-to-4 scale.

1 = Never, or Does not apply | 2 = Occasionally | 3 = Sometimes | 4 = Often

- | | |
|---|---|
| <input type="checkbox"/> When happy | <input type="checkbox"/> While drinking alcohol |
| <input type="checkbox"/> While alone | <input type="checkbox"/> While watching TV |
| <input type="checkbox"/> When bored | <input type="checkbox"/> While smoking cigarettes |
| <input type="checkbox"/> When lonely | <input type="checkbox"/> While doing housework |
| <input type="checkbox"/> At social gatherings | <input type="checkbox"/> When celebrating |
| <input type="checkbox"/> When depressed | <input type="checkbox"/> While on vacation |
| <input type="checkbox"/> When nervous | <input type="checkbox"/> While away from home |
| <input type="checkbox"/> When frustrated | <input type="checkbox"/> While talking on the phone |
| <input type="checkbox"/> While working | <input type="checkbox"/> At restaurants or dining halls |
| <input type="checkbox"/> At the movies | <input type="checkbox"/> While eating regular meals |
| <input type="checkbox"/> While reading | <input type="checkbox"/> While preparing meals |
| | <input type="checkbox"/> After physical activity |

“To future **MOVE!** participants, I say come with a proper mindset.

And I offer this incentive: at first, it won't be easy, but once you accept and implement the lifestyle changes that **MOVE!** offers, it will.”

– Lee, lost 32 pounds



Teresa's Tips

“Are you eating out of hunger or habit? Sometimes situations, time of day, thoughts, or emotions can trigger us to eat. When you feel the urge to eat, think about whether you are *hungry* or are just trying to fill an urge. If it is just an urge to eat, find something to distract yourself for 15 minutes.”

A Healthy Way of Coping

Be mindful of how your feelings affect your behavior. Some feelings can increase your urge to eat or be inactive. Consider instead what is causing your emotion and how you can respond to the feeling productively.

Write down your emotional triggers from the *Practicing Mindful Awareness* activity. Brainstorm ways in which you can respond to that emotion rather than eating. Healthy coping responses could include things like socializing with friends or family, being physically active, distracting yourself (watching TV, reading, working in the yard, etc.), and meditation and relaxation exercises.



Emotion	Coping Response

“I have now taken the MOVE! classes two times.

The first time, I was not mentally ready to make changes.

The second time I participated, I was focused on improving my health.”

– Joe, lost 50 pounds



Smart Alex

“There is a link between negative emotions and unhealthy foods. When emotions are down, the craving for comfort food increases. Energy-dense foods are important for survival. However, as humans live longer and more sedentary lives, rates of overweight and obesity are growing. It is important to minimize the intake of energy-dense and processed foods for successful weight management, particularly when those foods are so widely available. Healthy eating is now a modern cultural necessity to live a long and healthy life.”

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____



Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Module Summary

Thoughts, Feelings, and Behaviors

It is important to understand how your thoughts, feelings, and behaviors influence each other to help or hinder your weight management progress. Practicing mindful awareness (being fully aware of what is going on within and around you without judgment) can provide insight into how your thoughts and feelings influence your behavior.

Rethinking Unhelpful Thoughts

Unhelpful thoughts can get in the way of successful weight control because they can lead to overeating or being inactive.

1. Recognize your unhelpful thought—what were you thinking or telling yourself when you were feeling bad?
2. Question it—is it a realistic thought? Is there evidence that this thought is true?
3. Ask yourself—is it helpful to think this way?
4. Consider alternatives—are there other ways of thinking about this? Are there other things that could be *true*?

Emotional Triggers

Emotions can trigger many people to eat. It is important to identify what your emotional triggers are so you can stop them in their tracks. Keep a diary of how you are feeling while you eat to identify your common emotional triggers. Consider healthy ways of reacting to the emotion other than food.

Having a healthy mind is just as important as a healthy body.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider how your thoughts and emotions might be affecting your weight-loss behavior and how you can make them work for you—not against you.
4. Review Module 7 in preparation for your next meeting.



MODULE SEVEN

Menu Planning, Shopping, and Cooking



What can I do to make healthy eating my lifestyle?

Getting a better grasp on menu planning, shopping, and cooking will help make healthy eating a habit. It is recommended that you eat small, balanced meals with portioned, healthy snacks in between. Eating consistently will help you be mindful of the types of foods you select. To manage your weight, it's important to learn how to plan meals, shop for healthy foods, read food labels, and practice healthy cooking methods that bring out the best flavor. Healthy eating doesn't have to be a chore. There are lots of ways to save time and money when you buy and prepare healthy foods!

“I haven't stopped eating anything, I just eat intelligently!”

– Lee, lost 32 pounds

Your food logs have helped you find patterns in your eating (skipping meals, eating after meals). Now we'll talk about some specific ways to create healthy, regular eating patterns:

- Aim for 2-3 healthy, low-calorie meals and 1-2 healthy, low-calorie snacks. Space your eating times 3-4 hours apart.
- Losing weight will be easier if you can eat your meals on a regular schedule, but it doesn't have to be an exact schedule.
- It is important to eat first thing in the morning—it helps raise your metabolism and prevents hunger pains later in the day.
- Eating late at night is generally not good for you. Eat more food earlier in the day so you aren't overly hungry after dinner.

In This Module You Will:

1. Practice menu planning.
2. Learn how to shop for healthy food.
3. Learn how to make sense of food labels.
4. Identify ways to prepare healthy meals.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



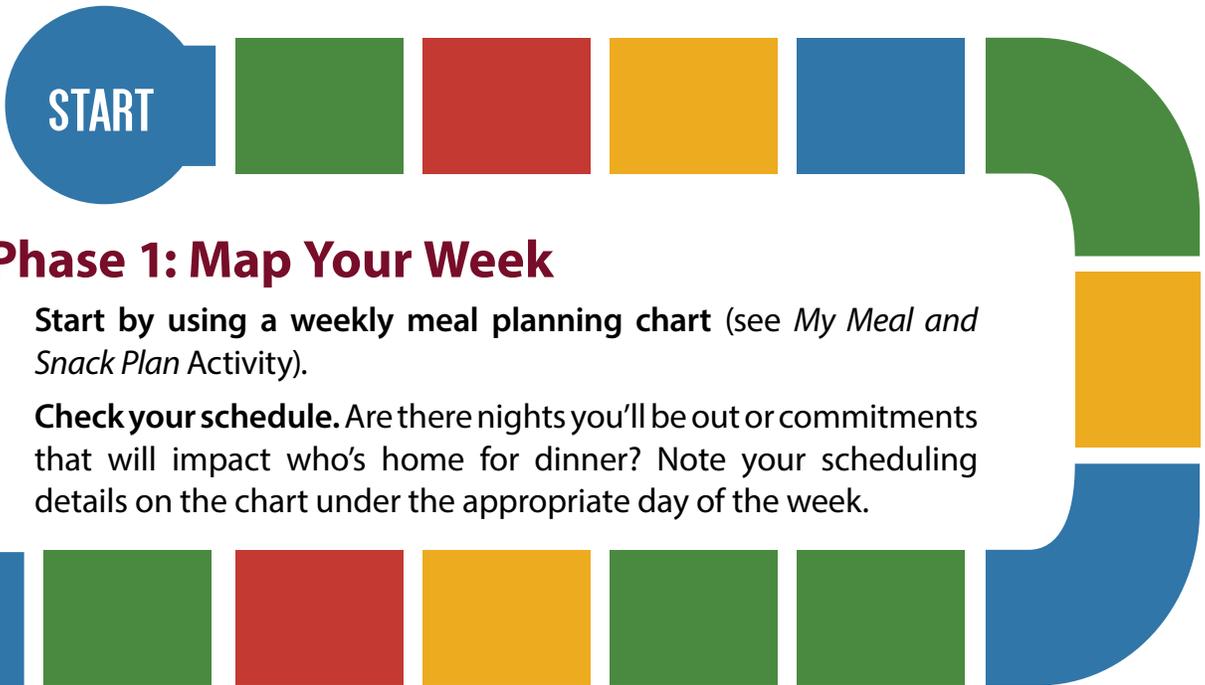
Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Meal Planning Made Easy

Planning healthy meals ahead of time can help you stick to a healthy eating style. Here are some tips to get started with meal planning for one or for the whole family!



Phase 1: Map Your Week

- **Start by using a weekly meal planning chart** (see *My Meal and Snack Plan Activity*).
- **Check your schedule.** Are there nights you'll be out or commitments that will impact who's home for dinner? Note your scheduling details on the chart under the appropriate day of the week.

Phase 2: Plan Your Meals

- **Write down your evening meals first.** When selecting entrée recipes and side dishes, remember to create a healthy plate (see *Module 4 – Building a Healthy Plate Based on Your Caloric Target & Meal Plans*).
 - **Look at what you have.** Look in your cupboards, fridge, and freezer, to see what ingredients you need to use up.
 - **Vary your protein.** If you have chicken one day, try seafood, beans, lean meats, or eggs other days.
 - **Choose easy meals.** Do include quick and easy meals as well as ready-to-reheat freezer meals (see *Make It Quick* later in the module).
- **Write down your breakfast, lunch, and snacks.** Most of us stick to the same thing for breakfast and lunch so it is okay to put these on autopilot until you get used to meal planning. Write in two or three options for breakfast and lunch (cereal, leftovers, sandwich). Keep your options simple and to a minimum.
- **Find balance.** If you have veggies, grains, and protein at one meal, include fruit and dairy in your next meal.



Teresa's Tips

"If you use balance and moderation with your meal planning, all foods will fit.

Balance – to manage your weight, balance what you eat and drink with your activity level.

Moderation – eat until you are satisfied, not stuffed.

Variety – choose a wide variety of foods, like vegetables, fruits, whole grains, meats, poultry, seafood, eggs, beans, nuts, seeds, and dairy, to help you get all the nutrients that you need."

Phase 3: Make mealtime a success

- **Write down your thaw, prep, and cook times.** Adding this information to your meal planning chart is a huge time saver. It prevents you from starting to make dinner at 5 pm only to realize that it will take 3 hours to cook the recipe you chose. This planning will make it more likely that you will stick with your menu plan. It will also help you to know when to start meal preparation.
- **Plan for leftovers.** Prepare enough of a dish to eat it multiple times during the week to save time and money.
- **Make mealtime a priority.** Make time for family meals each week. Try to cook, eat, and clean up together. Even if you eat alone, mealtime is important. Remember to be mindful when you eat and enjoy every bite.
- **Work your meal plan.** Don't expect to get it right the first time. As you discover what works and what doesn't, update your plan and incorporate what you learn into the next week's plan.

Jackson's Story

Jackson's family has a history of high cholesterol and high blood pressure. While serving in the Army for 8 years, Jackson was able to manage his weight effectively. However, since his discharge 4 years ago he has gained 30 pounds and he is worried about high cholesterol and high blood pressure.

Jackson starts the MOVE! Program at his local VA and learns the importance of healthy eating habits. He uses the MOVE! Healthy Plate as a guide to plan a weekly menu, remembering to include plenty of vegetables and fruits, whole grains, and lean proteins. As Jackson considers what recipes he wants to use, he checks his refrigerator and pantry for items he needs to use up.



Jackson's Meal and Snack Plan

	Morning	Snack	Afternoon	Snack	Evening
Monday	<ul style="list-style-type: none"> Oatmeal Strawberries Coffee/skim milk 	Rice cake with hummus	<ul style="list-style-type: none"> Chicken breast Spinach and tomato salad Tea/lemon 	Apple	<ul style="list-style-type: none"> Black bean burrito with tomato, low-fat cheddar, and salsa Sparkling water with lemon
Tuesday	<ul style="list-style-type: none"> Nonfat plain yogurt Strawberries Coffee/skim milk 	Apple	<ul style="list-style-type: none"> Turkey sandwich with lettuce and tomato Pickle Tea/lemon 	Baked tortilla chips and salsa	<ul style="list-style-type: none"> Peppers stuffed with brown rice Salad Sparkling water with lemon
Wednesday	<ul style="list-style-type: none"> Scrambled eggs with veggies Whole wheat toast Coffee/skim milk 	Fruit and nut bar	<ul style="list-style-type: none"> Chicken salad Pita chips Tea/lemon 	Broccoli with non-fat yogurt dip	<ul style="list-style-type: none"> Chicken and veggie stir-fry Sparkling water with lemon
Thursday	<ul style="list-style-type: none"> Oatmeal Strawberries Coffee/skim milk 	Whole wheat crackers with peanut butter	<ul style="list-style-type: none"> Chicken breast Spinach and tomato salad Tea/lemon 	Air-popped popcorn	<ul style="list-style-type: none"> Baked pork loin Steamed broccoli Whole wheat pasta Sparkling water with lemon
Friday	<ul style="list-style-type: none"> 100% whole wheat bread with peanut butter Coffee/skim milk 	Celery with low-fat cream cheese	<ul style="list-style-type: none"> Turkey sandwich with lettuce and tomato Pickle Tea/lemon 	Orange	<ul style="list-style-type: none"> Leftover chicken and veggie stir-fry Sparkling water/lemon
Saturday	<ul style="list-style-type: none"> Scrambled eggs with veggies Whole wheat toast Coffee/skim milk 	Fruit and nut bar	<ul style="list-style-type: none"> Leftover baked pork loin Steamed broccoli Fruit Sparkling water/lemon 	Carrots with hummus	<ul style="list-style-type: none"> Garden salad with chicken Baked potato/low-fat sour cream Fruit Skim milk
Sunday	<ul style="list-style-type: none"> Nonfat plain yogurt Strawberries Coffee/skim milk 	Apple	<ul style="list-style-type: none"> Baked potato Side salad Fruit Sparkling water/lemon 	Rice cake with peanut butter	<ul style="list-style-type: none"> Grilled turkey burger 100% whole wheat roll Salad Skim milk

My Meal and Snack Plan

Plan your meals and snacks for one week. See also the example meal plans in Module 4 – Eat Wisely.

	Morning	Snack	Afternoon	Snack	Evening
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Being a Smart Shopper

Eating wisely doesn't have to be expensive. Here are a few tips on ways to eat well while keeping your calories and budget in balance.



Plan Ahead

Stick to your list

Bring your shopping list with the foods and quantities you need to buy so you can avoid aisles that you don't need. You'll save money and time by only buying what you need.

Search for coupons

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Join your store's loyalty program, if available. Find out if your store will match competitor's coupons.

Have a healthy snack

Eat a healthy snack before you shop so you won't be hungry. This will help you make healthy choices.



At the Store

Compare brands

Store brands can be less expensive than name brand foods. Compare items to find better prices.

Try canned or frozen

Compare the price and number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

Buy nonperishables in bulk

Canned or frozen fruits and vegetables can be bought in large quantities when they are on sale because they last much longer than fresh ones.



At the Store

Buy small amounts of perishables

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

Celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get and usually cheaper. Try a local farmers' market for in-season produce.

Good sources of protein

Shop for beans, peas, eggs, canned tuna (in water), and peanut butter—all are good sources of protein and good buys.

Get wholegrains

Purchase whole-grain foods (pasta, bread, rice)—they are good sources of fiber and make inexpensive side dishes.

Keep it simple

Buy products in their simplest form. Pre-cut, pre-washed, ready-to-eat foods are convenient, but often cost much more than when purchased in their basic forms.

Use food labels

Read food labels while you shop to help you choose healthier items.

“I learned so much about nutrition. I now read food labels for everything I buy.”

– Lance, lost 40 pounds



Jackson's Shopping List

Using the meal plan he created with help from his MOVE! team, Jackson took an inventory of items he already had on hand and prepared a list of everything he would need to buy. That weekend, Jackson tried some of the healthy shopping tips he received from his MOVE! team. He also went shopping with a budget in mind to keep him from going over budget. Jackson only brought coupons for items he intended to buy from his shopping list to avoid being tempted into buying unhealthy food items. He was impressed by how much healthy food he was able to get for his money by planning ahead and shopping smart.



Jackson's Shopping List

Non-Starchy Veggies

- Lettuce _____
- Tomatoes _____
- Carrots _____
- Spinach _____
- Broccoli _____
- Peppers _____

Dairy

- Low-fat _____
- cheddar _____
- Skim milk _____
- Plain nonfat _____
- yogurt _____
- _____
- _____

Protein Foods

- Chicken breasts _____
- Eggs _____
- Sliced turkey _____
- Pork loin _____
- _____
- _____

Fruit

- Oranges _____
- Apples _____
- Strawberries _____
- Lemons _____
- _____
- _____
- _____

Grains/Starchy Foods

- Black beans _____
- 100% whole _____
- wheat bread _____
- 100% cornmeal _____
- tortillas _____
- _____

Drinks

- Tea _____
- Sparkling water _____

Other

- Salsa _____
- Garlic _____
- Hummus _____

Making Sense of Food Labels

Reading and understanding the Nutrition Facts Label can help you make smart food choices when shopping.

1 KNOW the Serving Size

While we usually say “portion” or “helping” when we talk about how much we eat, “serving size” is the official term used on food labels. Information listed on the Nutrition Facts label is based on a typical serving in common measurements like cups, ounces, or pieces. Be sure to look at the number of servings in the container. Even small containers may have more than one serving. If you eat more or less than the serving listed, you must multiply or divide the nutritional values by the number of servings you eat.

2 CHECK the Calories Per Serving

The calories listed are for one serving of the food. For example, if you eat 2 servings of this item you must double the calories per serving (250 calories x 2 servings = 500 total calories).

3 BE AWARE of % Daily Values

This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of and low in those you should get less of. Tip: 5% daily value or less is low, 20% or more is high. Percent Daily Values on the Nutrition Facts label are based on a 2,000-calorie diet. Your % Daily Value may be higher or lower depending on your daily calorie needs.

4 LIMIT these Nutrients

Eating too much **total fat** (especially **saturated fat** and **trans fat**), **cholesterol**, **sodium**, or **added sugars** may increase your risk of developing chronic diseases like obesity, heart disease, high blood pressure, and some cancers.

Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits. Added sugars should be limited to 10% of your daily calories.

5 GET MORE of these Nutrients

Americans often don’t get enough dietary fiber, vitamin D, calcium, iron, and potassium in their diets. Look for foods with 10% or more of these nutrients in the % Daily Value column.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (82g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Food Label Quiz

Refer to the Nutrition Facts label and circle the correct or best response.

- 1) *The Nutrition Facts given on a food label are based on the serving size.*
 - a) True
 - b) false
- 2) *How many servings are in this container?*
 - a) 1
 - b) 4
 - c) 8
- 3) *How many calories are there in one serving?*
 - a) 120
 - b) 250
 - c) 660
- 4) *What percent of your recommended daily value of calcium will you get from one serving?*
 - a) 6%
 - b) 10%
 - c) 20%
- 5) *How many grams of total sugars are in one serving?*
 - a) 4 grams
 - b) 10 grams
 - c) 12 grams
- 6) *How many grams of protein are in one serving?*
 - a) 0 grams
 - b) 3 grams
 - c) 4 grams
- 7) *This product contains a high amount of added sugars (based on the % daily value).*
 - a) True
 - b) False
- 8) *If you ate the whole container, how many calories would you consume?*
 - a) 250
 - b) 500
 - c) 1000
- 9) *If you ate the whole container, how many grams of saturated fat would you consume?*
 - a) 4 grams
 - b) 8 grams
 - c) 37 grams
- 10) *If you ate $\frac{1}{2}$ cup, what percent of your recommended daily value of total fat would you consume?*
 - a) 5%
 - b) 10%
 - c) 20%

Answer Key

- 1) A – True 2) B – Four 3) B – 250 4) C – 20% 5) C – 12 grams 6) B – 3 grams
 7) A – True 8) C – 1000 9) A – 4 grams 10) A – 5%



Teresa's Tips

“The claims on food labels can be confusing. Knowing what these claims mean can help you choose healthier products. Use this table guide when interpreting label claims.”

Nutrient	“Free” Ex: Fat free	“Low or Lite” Ex: Low in fat	“Reduced” Ex: Reduced fat
Fat	Less than 0.5 grams of fat per serving	Less than 3 grams of fat per serving	At least 25% less fat per serving than the original food product. Caution: Original product may not be “low fat,” so this may still be a high-fat food.
Saturated Fat	Less than 0.5 grams of saturated fat and less than 0.5 grams of trans fatty acids per serving	1 gram of saturated fat or less per serving and 15% or fewer calories from saturated fat	At least 25% less saturated fat per serving than the original item. Caution: Original product may not be “low saturated fat,” so this may still be a food high in saturated fat.
Calories	Less than 5 calories per serving	Less than 40 calories per serving	25% or fewer calories per serving than the original product. Caution: Original product may not be “low calorie,” so this may still be a high-calorie food.
Cholesterol	Less than 2 milligrams of cholesterol per serving	20 milligrams of cholesterol or less per serving	At least 25% less cholesterol per serving than the original item. Caution: Original product may not be “low cholesterol,” so this may still be a food that is high in cholesterol.
Sodium	Less than 5 milligrams of sodium per serving	140 milligrams of sodium or less per serving	At least 25% less sodium per serving than the original item. Caution: Original product may not be “low sodium,” so this may still be a food that is high in sodium.
Sugar	Less than 0.5 grams of sugar per serving		

How Can I Cook Healthier Foods?



Eating wisely at home not only saves you money, it can also help you cook healthier food options that save on calories. Here are some tips to keep in mind when preparing food at home.

Cooking	Eating
<ul style="list-style-type: none"> • Lightly steam veggies like green beans and broccoli so they stay crisp and colorful. • Grill or roast veggies and meat to bring out the flavor. • Dress up food with herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa. • Add a mixed green salad and a side of fruit to a meal. • Stretch costly meals (like meat dishes) by substituting beans and adding more vegetables. • Learn new healthy cooking methods or take a healthy cooking class. Healthy Teaching Kitchens are available at many VA Medical Centers. 	<ul style="list-style-type: none"> • Use a plate or bowl and never eat out of boxes, bags, or cartons unless they are single servings. • Fix your plate in the kitchen. Serve your meal in a buffet style, leaving the serving bowls in the kitchen so you are not tempted to eat more. • Eat at the table for every meal. Eating in front of the TV, computer, or at your desk can cause you to overeat.

“I take time to learn to make foods that I like. I try to learn every day. I now have more food and recipes than I can eat.”

– John, lost 64 pounds





Hannah's How-To

"Here are some quick and nutritious food preparation techniques."

Stir-fry or Sauté	If you don't have a wok, use a cast-iron or non-stick skillet. Most dishes can be cooked using 1 tsp of olive or canola oil, or reduced-sodium broth.
Microwave	Because microwaves cook foods quickly, few nutrients are lost during the cooking process. Read the cooking directions carefully; it is easy to overcook foods.
Crock Pot	This handy kitchen appliance cooks food slowly at low temperatures. Set it up in the morning and dinner will be ready and waiting when you get home. Soups, stews, and pot roasts all make great crock-pot meals. Extra-lean, less marbled cuts of meat become tender and juicy when cooked in a crock pot.
Bake, Broil, and Grill	Bake, broil, or grill foods on a rack to drain fats away during cooking. Not only is this a healthier way to eat, it's delicious, too!
Steam	Steam using a microwave, stove, or steamer. Steaming helps keep nutrients and flavor in foods without adding fat.
Pressure Cook	Using steam, pressure cookers can cook a pound of potatoes in just 4 minutes or a chicken stew in less than 30 minutes. A pressure cooker can also turn the toughest cut of meat into a tender main course. Don't over-season foods—pressure cooking uses very little liquid, so flavors are more concentrated.
Poach	In poaching, the food is covered with liquid (such as water, broth, milk, or wine) and gently simmered until done. Poaching uses less liquid than boiling, so delicate flavors are less diluted. Poaching works well for fish or eggs.



Teresa's Tips

"Here are some ways to cook with less fat."

- Bake, grill, or stir-fry in a small amount of healthy oil
- Coat pans with cooking spray, like olive or canola oil
- Use nonstick cookware.
- Simmer in water or stock
- Steam or microwave
- Take the skin off chicken before you cook it
- Trim the fat off meat before you cook it."

Cook it Safe, Keep it Safe

A critical part of healthy eating is keeping foods safe. You can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic safety principles work together to reduce the risk of foodborne illness—Clean, Separate, Cook, and Chill.



<p>Clean</p>	<ul style="list-style-type: none"> • Wash hands with soap and water • Sanitize surfaces • Throw away perishable food after 7 days • Keep appliances clean • Rinse fresh vegetables and fruits
<p>Separate</p>	<ul style="list-style-type: none"> • Separate foods when shopping <ul style="list-style-type: none"> ◦ Place raw seafood, meat and poultry in separate plastic bags. Store them under ready-to-eat foods in your refrigerator. • Separate foods when preparing and serving <ul style="list-style-type: none"> ◦ Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.
<p>Cook</p>	<ul style="list-style-type: none"> • Use a food thermometer when cooking • Cook food to safe internal temperatures <ul style="list-style-type: none"> ◦ Cook all raw beef, pork, lamb, veal steaks, chops, and roasts to a safe minimum internal temperature of 145°F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160°F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165°F.
<p>Chill</p>	<ul style="list-style-type: none"> • Keep foods at safe temperatures <ul style="list-style-type: none"> ◦ Store cold foods at 40°F or below. Keep hot foods at 140°F or above. Refrigerate perishable foods within 2 hours (1 hour if the temperature is above 90°F).

Busting Barriers

Now let's review some common barriers to menu planning, shopping, and cooking, and some potential solutions. Which of these challenges do you think you might encounter? How might you solve them? People who can anticipate challenges and are ready to respond with a solution are more successful at maintaining change.

Barrier	Barrier Buster
<p>I need to eat foods my family doesn't like.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Keep your own stash of healthy foods, but encourage your family to try them. <input type="checkbox"/> Make a separate small portion for yourself without added fat and salt. <input type="checkbox"/> Use spices and herbs to add some pizzazz! <input type="checkbox"/> Modify your family's favorite dishes to make them healthier.
<p>My spouse/partner doesn't cook healthy foods.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Have a family meeting, ask for suggestions about how you can eat healthier as a family. Be flexible, creative, and try new things. <input type="checkbox"/> Be prepared to eat a separate meal, if necessary. Eat together even if the food is different!
<p>It's unpleasant/boring/hard to shop, cook, and eat this way.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Shop, cook, and eat healthy with friends and family. <input type="checkbox"/> Learn new cooking methods and recipes from books, articles, and videos. Or take a healthy cooking class. <input type="checkbox"/> Try new ingredients.
<p>Healthy cooking takes too much time.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Choose recipes with few ingredients and a short cooking time. <input type="checkbox"/> Cook soups, stews, or meat in a slow cooker when you are busy. <input type="checkbox"/> Do meal preparation on the weekends (e.g., pack lunches or cut up veggies for stir fry). <input type="checkbox"/> Make enough for several meals. Divide meals into single servings in freezer bags or containers. <input type="checkbox"/> Measure out single servings of snacks, like air-popped popcorn, in bags or containers. <input type="checkbox"/> Use leftovers (meats and veggies) in an omelet, pasta or rice dish, stew, soup, salad, or burrito.

Barrier	Barrier Buster
<p><i>Write Your Own.</i></p>	<p><input type="checkbox"/> _____</p> <p>_____</p> <p><input type="checkbox"/> _____</p> <p>_____</p> <p>_____</p>

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____



Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Module Summary

Menu Planning

Planning healthy meals ahead of time can help you stick to a healthy eating style. Plan a weekly menu to avoid stress during the week. Find balance in the items and meals you plan—if you have veggies, grains and protein at one meal, include fruit and dairy in the next meal. Plan for having leftovers for a quick and easy meal—store the extra portions in single serving size containers or freeze them to last longer.

“You must control the food, don’t let the food control you!”

– Lenny, lost 35 pounds

Shopping for Healthy Foods

Make a list of items you need for your weekly menu—it helps to stick to your list. Use coupons, store sales, loyalty programs, and generic products to reduce costs. You can make your food stretch farther and last longer by purchasing canned or frozen fruits and veggies in addition to small portions of fresh produce. Search for healthy and cost-effective protein options besides meat, like beans, lentils, peas, eggs, and canned tuna. Whole grains are a major source of fiber and can be inexpensive, filling side dishes. Importantly, read food labels and food label claims to find the healthiest option.

Healthy Cooking Methods

Learn various cooking methods to bring out your food’s flavor and retain its nutrients—like grilling or roasting. There are many alternatives to seasoning or flavoring your food besides high-calorie, high-fat options like butter and sauces. Dress up your food with herbs, spices, low-fat salad dressing and gravy, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa. Adding a mixed green salad and/or a side of fruit to each meal can help you feel full without adding excessive calories. Use a plate or bowl for each meal and snacks to help control portion sizes.

Cook it Safe, Keep it Safe

When shopping for, preparing, and storing healthy foods, remember the four basic safety principles:

- Clean
- Separate
- Cook
- Chill

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day. This week you will start tracking your calorie intake. Use the MOVE! Coach mobile app or the USDA website to count your calories.
3. Consider ways you can plan, shop, and cook healthy meals that will save time and money and fit with your schedule.
4. Review Module 8 in preparation for your next meeting.
5. Review additional resources:
 - a. <https://www.nutrition.va.gov/> for cookbooks and nutrition education
 - b. <https://www.choosemyplate.gov/> for calorie charts, MyPlate Plan, and links to cookbooks and recipes
 - c. <https://whatscooking.fns.usda.gov/cookbook> to save recipes and build your own cookbook



MODULE EIGHT

Managing Weight-Loss Challenges



How do I solve problems?

While working through the MOVE! Program, challenges and barriers will occur. It is normal to encounter challenges when you are making significant changes to your lifestyle. There are many common barriers that Veterans face when trying to better manage their weight. Being able to recognize those barriers will help you get past them.

“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

This module will review the process of problem solving. When facing unfamiliar problems, it is important to think about what you can control and what you can’t—and then focus your energy on the things you can control.

In This Module You Will:

1. Identify common weight-loss challenges.
2. Outline the steps to problem solving.
3. Select strategies that work for you to bust barriers.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Common Weight Management Challenges

SPECIAL OCCASIONS

Special Occasions can present challenges because your daily routine can be interrupted.

- Eating out (fast food or restaurants)
- Socializing over food, picnics, and parties
- Traveling



THOUGHTS AND EMOTIONS

Thoughts and Emotions can slow down weight-loss efforts.

- Lack of confidence or motivation
- Boredom
- Stress
- Depression or anxiety



LIMITED RESOURCES

Limited Resources can hinder your ability to successfully manage your weight.

- Not enough money
- Lack of proper clothing and equipment
- Limited access to healthy food
- Lack of proper cooking utensils



LIMITED SUPPORT FROM OTHERS

Limited Support from Others can feel like an uphill battle for things like:

- Buying healthy foods
- Cooking healthy foods
- Being physically active



LIMITED TIME

Limited Time is one of the most common weight management challenges. It can be difficult to find time for:

- Physical activity
- Planning and preparing meals
- Shopping for healthy foods



MEDICAL CONDITIONS

Medical Conditions can get in the way of managing weight.

- Chronic conditions
- Pain
- Limited mobility



Steps to Problem Solving

Encountering challenges or barriers can be discouraging and stressful, and can interfere with weight-loss efforts. Sometimes our thoughts, feelings, or lack of support or resources get in the way of meeting weight-loss goals. People can respond to challenges in unproductive ways: letting the problem control them, acting too quickly, trying solutions that don't fit their situation, or giving up. Even though weight-loss challenges may prove to be difficult, learning how to overcome them is important. **When new barriers arise during your weight-loss journey, use the steps to problem solving to work through a challenge or barrier and find a resolution that will work for you.**



Tom's Toolkit

"Problem solving is an essential element in your weight management toolkit. Use the steps below to define and address weight-loss challenges you encounter."

<p>Step 1 Clearly describe your problem. <i>What is the challenge you are facing?</i></p>	<p>It is important to clearly define the problem before trying to solve it. 1) Learn all the available facts. 2) Separate facts from assumptions. 3) Find out what makes the situation a problem. 4) Set realistic goals about the situation.</p>
<p>Step 2 Come up with options. <i>What are some ways to solve your problem?</i></p>	<p>Brainstorming is a fantastic way to come up with solutions to a problem and stay focused. Come up with as many solutions as possible. Put off your judgment until later; consider every idea you have. Refine your possibilities by combining or changing ideas you've already listed.</p>
<p>Step 3 Pick the best option. <i>Which of those options would work best to solve your problem?</i></p>	<p>Evaluate your choices to determine which of the possible solutions is best. Think about maximizing positive effects and minimizing negative effects of the solution. Think about which solution will be effective, whether you can overcome the obstacles to solving the problem, and whether you will carry out the solution. Consider the effects of the possible solution on yourself and others. Now you are ready to compare your solutions and choose the best option.</p>
<p>Step 4 Make an action plan. <i>How will you put those choices into practice?</i></p>	<p>Consider how you will put your solution into practice. It is important not to be worried about failure. If the solution doesn't work, you can always go back to earlier steps and try a different solution.</p>
<p>Step 5 Try it. <i>How did it go?</i></p>	<p>Plan how you will decide if the solution is successful before you carry it out. Your plan should use simple, concrete language.</p>



Teresa's Tips

“When faced with weight-loss challenges, it is best to focus your attention on things you can control. When barriers emerge, ask yourself if this is something you have control over. Some challenges may not be in your control to solve. Instead, consider what aspects of the problem may be under your control. Barriers and weight-loss challenges will occur regularly during your weight management journey. Don't sweat the barriers you can't control but find the opportunities you can.”

Paulo's Problem

Paulo is overweight with diabetes and COPD (breathing problem), and he wants to start living a healthier lifestyle by changing his eating and physical activity habits. Paulo saw a flyer for the VA MOVE! Program at his local outpatient clinic and decides this is just the thing he needs to kickstart his healthy living. For the first two months, Paulo does great with his eating and activity goals and loses 15 pounds.

But recently Paulo's workload has increased a great deal, so he starts going to work early and working through his lunch. As a result, he starts to miss his daily walks. He also doesn't have time to pack his lunch in the morning, so he grabs a snack from the vending machine. After a week, Paulo reports back to his MOVE! Group and is mad at himself for getting off track with his eating and fitness goals. He has gained three pounds at his weekly weigh-in. He feels like a failure and is thinking about giving up.

Paulo's MOVE! group members help him think about ways to get back on track and use the five steps to problem solving to identify a solution. Paulo decides he has two problems to address.

“Using all the tools they give you makes the program a success. I still use the tools they taught me.”

– Stephen, lost 80 pounds



Paulo's Problem Solving

	Problem 1	Problem 2
<p>Step 1 Clearly describe your problem. <i>What is the challenge you are facing?</i></p>	<p>Paulo doesn't have a healthy lunch each day. He leaves for work early, so he doesn't have time to pack his lunch each morning.</p>	<p>Paulo doesn't get enough activity each day. He sits at his desk and works through lunch.</p>
<p>Step 2 Come up with options. <i>What are some ways to solve your problem?</i></p>	<ul style="list-style-type: none"> • Pack his lunch the night before • Keep a stash of healthy snacks at work • Ask a friend or family member to pack his lunch for him • Shop for items that he can pack quickly, like fruit and yogurt 	<ul style="list-style-type: none"> • Walk outside or around the office • Be more active during evenings and weekends • Take the stairs instead of the elevator • Ride his bike to work • Park in a distant spot of the lot at work • Use a stand-up desk
<p>Step 3 Pick the best option. <i>Which of those options would work best to solve your problem?</i></p>	<p>Paulo decides the best choice is to pack his lunch the night before.</p>	<p>Paulo decides that he first wants to try and be more active during the evenings and weekends.</p>
<p>Step 4 Make an action plan. <i>How will you put those choices into practice?</i></p>	<p>Paulo sets a reminder on his phone each night to pack his lunch before he goes to bed.</p>	<p>Paulo asks his wife and son if they will go on evening walks with him to help him stay on track.</p>
<p>Step 5 Try it. <i>How did it go?</i></p>	<p>This worked well for Paulo. He packs his lunch with dinner leftovers or makes a sandwich along with fruit, yogurt, and nuts.</p>	<p>Getting his family involved helped Paulo stick to this new exercise routine.</p>

Practice Problem Solving

Now let's practice using the steps to problem solving to find solutions to a few of your current barriers. Use the table below to step through the problem-solving process.

	Problem 1	Problem 2
<p>Step 1 Clearly describe your problem. <i>What is the challenge you are facing?</i></p>		
<p>Step 2 Come up with options. <i>What are some ways to solve your problem?</i></p>		
<p>Step 3 Pick the best option. <i>Which of those options would work best to solve your problem?</i></p>		
<p>Step 4 Make an action plan. <i>How will you put those choices into practice?</i></p>		
<p>Step 5 Try it. <i>How did it go?</i></p>		

Weight Plateaus

After several weeks of making lifestyle changes and losing weight, you may experience a time when your weight stays the same for a while despite eating fewer calories, having a healthier diet, and being more active. This is called a plateau, which may be due to changes in your body, your behavior, or both. **Everyone who has lost weight for an extended period has experienced a plateau.**

A plateau is the failure to lose at least 1 pound in a 3-week period when you are adhering to a low-calorie diet and consistent exercise program. It can be frustrating to be working hard and not lose weight, but you can deal successfully with a plateau if you have a plan.

What are your thoughts and feelings when the scale doesn't budge?

If you're frustrated or discouraged by a weight loss plateau, there are some questions you can ask yourself:

	Yes	No
Am I self-monitoring my calorie intake accurately?		
Am I estimating my portion sizes accurately?		
Based on my current weight, am I restricting my calories enough to lose weight?		
Am I meeting my weekly goal for physical activity?		

Did you answer "no" to any of the questions? If so, what could you do to return to the behaviors that brought you success?

Getting the Scale Moving Again

It is natural to get less accurate with food records over time, which can add up to us eating too many calories.

1) Meet your calorie goal while maximizing the accuracy of weekly records

- a) Look up portion sizes and measure all the foods you eat until you know what the recommended portion of each food looks like.
- b) Always keep your weekly record with you and record what you eat as soon as you finish eating (or even before you start eating).
- c) Each time you write something down, think back to see if you ate something since you last recorded—and write it down now.
- d) Remember to add in sources of “hidden” calories (like the oil used in cooking, mayonnaise on a sandwich, sugar and creamer in coffee, etc.).
- e) Look at the quality of your diet as nutrition can also affect weight loss.



It is also easy to slip on our exercise habits over time which can also keep us from losing weight. Physical activity is a key component of long-term weight loss.

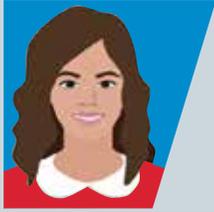
2) Meet your physical activity and step goal consistently

- a) Wear your pedometer daily and meet your step goals.
- b) Exercise most or all days of the week.



“One important concept my coach worked me through is accepting that you plateau at different steps and that it’s not all going to be downhill. I can’t beat myself up or be hard on myself. I weigh myself every morning and mark it on my calendar. It’s gratifying, but also a kick in the butt.”

– Peggy, lost 165 pounds



Teresa's Tips

"Engage your family members and friends from the start of your weight-loss journey to build a support system that can help you problem solve when barriers arise."

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____



Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Reasons for participating in a weight management program can change over time. Reflect on why you started the MOVE! Program and write down what matters most to you now.

Module Summary

Common Weight Management Challenges

The process of implementing a lifestyle change is challenging and can present many barriers. Don't let these barriers interfere with your success. Recognize that barriers are common and plan for ways to work around these obstacles.

- Special Occasions
- Thoughts and Emotions
- Limited Resources
- Limited Support from Others
- Limited Time
- Medical Conditions

“Living alone was a challenge. It was hard trying to eat healthy on a limited income. It was also hard sometimes to prepare food with my Parkinson's.

I really had to depend on myself and my 'adopted family' in MOVE! to get through.”

– Joseph, lost 180 pounds

Steps to Problem Solving

1. Clearly describe your problem. What is the challenge you are facing?
2. Come up with options. What are some ways to solve your problem?
3. Pick the best options. Which of those options would work best to solve your problem?
4. Make an action plan. How will you put those choices into practice?
5. Try it. How did it go?

Weight Plateaus

Plateaus are a part of losing weight for everyone, returning to the behaviors that helped you be successful in the first place we help you overcome a plateau.

- Record calories accurately
- Meet activity goals daily

If it doesn't challenge you, it won't change you.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider the ways you can use the steps to problem solving to address some of your weight-loss barriers.
4. Review Module 9 in preparation for your next meeting.

Notes:



MODULE NINE

Pump Up Your Physical Activity



How do I progress my physical activity?

Now it is time to start thinking about how to progress your activity. There are several kinds of programmed activities you can engage in like cardiovascular (cardio), strengthening, stretching, and engaging your core (stability). Cardio activity works your heart and large muscle groups. Walking is a fun and simple way to be physically active and increase your cardio. Strengthening is important for building strong muscles and bones. Stretching will improve flexibility and help prevent injuries. Engaging your core is vital for good posture and back care.

“My life is so much more active now. My husband and I take walks after dinner instead of planting ourselves in front of the television!”

– Amber, lost 92 pounds

This module will help you evaluate your current physical activity level and determine how to make progress in your activities as they become easier over time. Sample plans with exercise examples are provided to get you started. If you would like assistance with your physical activity plan, talk to your MOVE! Team.

In This Module You Will:

1. Learn the importance of a warm-up and cool-down.
2. Identify cardio activities and strengthening and flexibility exercises.
3. Create an activity plan that works for you.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

How Active Am I?

Reflect on your current physical activity plan.

Target Activity Level	Current Activity Level
Be active at least 5 days per week	I am active _____ days per week.
Be active for at least 10 minutes at a time	I am active for at least _____ minutes at a time.
Do strengthening activities at least 2 days per week	I do strengthening activities _____ days per week.
Do 150 minutes of moderate-intensity activity or Do 75 minutes of vigorous-intensity activity per week	I do _____ minutes of _____-intensity activity per week.

Are you more active now than at the start of MOVE!? If so, in what ways?

Are you ready to increase your activity now? If so, what will you do?



What's in a Warm Up?

Warming up prepares your body for activity. Warming up before physical activity can help prevent injury and reduce muscle soreness.

A warm up may take 5 to 15 minutes.

1. Do your planned activity, such as walking, but at a lower intensity (slower pace) for a brief time. This may mean walking slowly for a few minutes before speeding up.
2. If you plan to do something more vigorous than walking, do a few minutes of gentle stretching after you warm up.

Engage Your Core

Your body's core muscles are those around your trunk, pelvis (hips), and back. This is where your center of gravity is located. All body movement involves the core muscles. You should strive to be aware of your core muscles at all times when you are active. Weak core muscles can lead to poor posture, back pain, and increased risk for injury. Strong core muscles can improve your posture, balance, and movement, and support your back.



Smart Alex

“To locate your core muscles, you can do the following: cough once and notice the muscle in your lower abdomen that is active when you do.

This is the transversus abdominis muscle. Work on keeping this muscle active while you are exercising and it will engage more of the core muscles, too. As with any exercise or activity, remember to keep breathing throughout and don't hold your breath.”

Increase Your Cardiovascular Activity

Cardio activity requires the body's large muscles to move in a rhythmic manner for a sustained period. Cardio causes a person's heart to beat faster than usual. Brisk walking, running, bicycling, jumping rope, and swimming are all examples.

Cardio activity has three parts:

1. **Intensity**, or how hard a person works to do the activity. Intensity can be moderate (for example, brisk walking) or vigorous (for example running or jogging).
2. **Frequency**, or how often a person does cardio activity.
3. **Duration**, or how long a person does an activity in any one session.



Teresa's Tips

"Moderate-intensity activity makes you breathe a little harder and sweat a little. You should be able to carry on a conversation, 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 aerobics classes."

You can use the Rate of Perceived Exertion (RPE) chart, shown on the next page, to rate how hard you are exercising.

- Cardio activities, like walking and cycling, should be done at levels 4-8.
- As you become more fit, you may find that activities become easier and earn a lower RPE score. When this happens, you can choose to gradually make your activities harder to increase the challenge and advance your fitness.
- For example, slow walking on level ground may be a level 7 effort for you in the beginning. As your fitness improves, it may take brisk walking up a slight hill to get to that same level 7 effort.



Rate of Perceived Exertion Chart

10

MAX EFFORT ACTIVITY

Feels almost impossible to keep going. Completely out of breath/unable to talk.

9

VERY HARD ACTIVITY

Very difficult to maintain exercise intensity. Can barely breathe or speak a single word.

7-8

VIGOROUS ACTIVITY

On the verge of becoming uncomfortable. Short of breath/can speak a sentence.

4-6

MODERATE ACTIVITY

Feels like you can exercise for hours. Breathing heavily/can have a short conversation.

2-3

LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and have a conversation.

1

VERY LIGHT ACTIVITY

Anything other than sleeping. For example, watching TV, riding in a car.

**Teresa's Tips**

“Another way to measure your exercise intensity is the Talk Test: During moderate-intensity exercise, you should be able to talk with a friend. If you cannot talk comfortably, you are exercising at a vigorous level. If you are just starting to exercise, begin with light-intensity or moderate-intensity activities and build up.”



Hannah's How-To Up Your Cardio

“This is a sample 12-week plan to help meet a goal of 30 minutes of moderate-intensity physical activity on most days of the week. The best types of activities for this plan are ones that use large muscle groups (arms, legs, trunk), like walking, jogging, dancing, cycling, or swimming. Remember to start with a 5-10-minute warm up and end with a 5-10-minute cool down.

Tip: You can adjust the days of the week on this plan to fit your schedule.”

	Day	Effort/Intensity RPE Scale	Total Duration
Weeks 1 - 3	Sunday	Rest	
	Monday	4 – 6	10 – 15 minutes
	Tuesday	Rest	
	Wednesday	4 – 6	10 – 15 minutes
	Thursday	Rest	
	Friday	4 – 6	10 – 15 minutes
	Saturday	Rest	
Weeks 4 & 5	Sunday	Rest	
	Monday	4 – 6	20 – 30 minutes
	Tuesday	Rest	
	Wednesday	7–10 minutes at 4 – 6 7–10 minutes at 7 – 8 7–10 minutes at 4 – 6	20–30 minutes
	Thursday	Rest	
	Friday	4 – 6	20 – 30 minutes
	Saturday	Rest	
Weeks 6 & 7	Sunday	7 – 8	20 – 30 minutes
	Monday	4 – 6	20 – 30 minutes
	Tuesday	Rest	
	Wednesday	7–10 minutes at 4 – 6 7–10 minutes at 7 – 8 7–10 minutes at 4 – 6	20 – 30 minutes
	Thursday	Rest	
	Friday	4 – 6	20 – 30 minutes
	Saturday	Rest	

This sample plan was adapted from: How to Write an Exercise Prescription by MAJ Robert L. Gauer, MD and LTC Francis O'Connor, MD, FACSM, Department of Family Medicine, Uniformed Services University of the Health Sciences.

Weeks 8 & 9	Sunday	Rest	
	Monday	4 – 6	30 – 40 minutes
	Tuesday	Rest	
	Wednesday	10 minutes at 4 – 6 10 minutes at 7 – 8 10 minutes at 4 – 6	30 minutes
	Thursday	Rest	
	Friday	4 – 6	30 – 40 minutes
	Saturday	10 minutes at 4 – 6 10 minutes at 7 – 8 10 minutes at 4 – 6	30 minutes
Week 10	Sunday	Rest	
	Monday	3	30 – 40 minutes
	Tuesday	Rest	
	Wednesday	8	30 minutes
	Thursday	Rest	
	Friday	3	30 – 40 minutes
	Saturday	8	30 minutes
Week 11	Sunday	Rest	
	Monday	4 – 6	30 – 40 minutes
	Tuesday	Rest	
	Wednesday	10 minutes at 4 – 6 10 minutes at 7 – 8 10 minutes at 4 – 6	30 minutes
	Thursday	Rest	
	Friday	4 – 6	30 – 40 minutes
	Saturday	10 minutes at 4 – 6 10 minutes at 7 – 8 10 minutes at 4 – 6	30 minutes
Week 12	Sunday	Rest	
	Monday	4 – 6	30 – 40 minutes
	Tuesday	Rest	
	Wednesday	10 minutes at 4 – 6 10 minutes at 7 – 8 10 minutes at 4 – 6	30 minutes
	Thursday	Rest	
	Friday	7 – 8	30 – 40 minutes
	Saturday	Rest	
Maintenance	30-60 minutes at 7-8 or higher, 5-6 times/week		

Increase Your Steps

Walking is a fantastic way to be more physically active. It's free, fun, and you can do it almost anywhere. Walking a little every day is better than an occasional weekend bout of activity. Consider using a pedometer or fitness tracker to measure the number of steps you take. Challenge yourself to see how many steps you can get!



Six Reasons to Get Up and Walk

1. Brisk walking has many health benefits.
2. Walking burns calories, which, in addition to a healthy diet, can help you manage your weight.
3. More than half of the body's muscles are designed for walking, which makes it a very natural movement for the body.
4. Brisk walking is a cardio activity. It makes your heart, lungs, and muscles stronger.
5. Walking refreshes the mind, reduces fatigue, increases energy, and improves sleep.
6. During a walk can be a fun time to share and socialize with friends and family.



Hannah's How-To Walk More

"Start with short, 10-minute walks and build from there. Here is a 10-week walking plan to get you started."

For Beginners

Week	1	2	3	4	5	6	7	8	9	10
Minutes walking	10	10	15	18	20	20	25	30	32	35
Walks per week	2	3	3	3	3-4	4	4	4	4	4

For Those Who Are Already Active

Week	1	2	3	4	5	6	7	8	9	10
Minutes walking	20	22	25	30	30	35	35	40	42	45
Walks per week	3	3	3	3	4	4	4-5	4-5	4-5	4-5

“I realized that you have to start small. Even if you can’t do 2,500 steps in a day, you do what you can. Once you do 2,500 and that gets easy, you can go ahead and do a little bit more. It’s like building a brick building one brick at a time.”

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

Increase Your Strength Training

Strength training improves endurance, muscle and bone strength, coordination and balance. You can perform strength training with or without equipment. To increase resistance and intensity of your strength workout, you can use your body weight, free weights, resistance bands or resistance tubes.



Six Reasons to do Strengthening Activities

1. Helps your body burn more calories.
2. Stronger muscles decrease stress on your joints.
3. Prevents muscle loss associated with aging.
4. Makes it easier to do household chores and other daily activities.
5. Improves your body’s ability to use insulin and maintain healthy blood sugar levels.
6. Protects your independence as you age and makes falls less likely.



“Even if I don’t feel like it, I go to the gym 5 days a week because I am determined to reach and stay at my goal weight. I do a little strength training and a little cardio.”

– Michael, lost 87 pounds with MOVE! and bariatric surgery



Hannah's How-To Increase Strengthening Activities

“It is important to do strengthening activities for all your major muscle groups at least twice a week, but no more than three times per week. Using the RPE Scale, rate how hard you are working when exercising. Strengthening activities, like lifting free weights and doing pushups, should feel like a level 9 (very hard) on the RPE Scale. Start with a weight you can easily move and gradually add to it to increase the challenge. Instructions for completing these strengthening activities are located at the back of *Module 9*.

Tip: You can perform strength training with just your body weight, free weights, or with resistance bands or tubes.”

Muscle Group	Strength and Balance Exercises	Body Weight Free Weight Tube or Band	# of repetitions per set	# of sets per session	# of sessions per week
Legs	Seated knee extension	Body weight	8–12 per side	2 per side	2–3
	Knee flexion	Body weight or Tube or band	8–12 per side	2 per side	2–3
	Plantar flexion (heel raises)	Body weight	8–12	2	2–3
Hips	Standing abduction	Body weight	8–12 per side	2 per side	2–3
	Side steps	Tube or band	8–12	2	2–3
	Standing hip flexion	Body weight	8–12 per side	2 per side	2–3
Chest	Wall push ups	Body weight	8–12	2	2–3
	Chair push ups	Body weight	8–12	2	2–3
Abdominals	Twists	Tube or band	8–12	2	2–3
	Chair stands	Body weight	8–12	2	2–3
	Crunches	Body weight	8–12	2	2–3
Shoulders	Shoulder abduction (arm raises)	Free weight	8–12	2	2–3
	Shoulder flexion	Free weight	8–12	2	2–3
Arms	Chair dips	Body weight	8–12	2	2–3
	Biceps curl	Body weight or Tube or band	8–12 per side	2 per side	2–3
	Triceps extension	Body weight or Tube or band	8–12 per side	2 per side	2–3

Increase Your Flexibility

Stretching can increase your freedom of movement to do the things you need to do and the things you like to do. Always warm up your body with some light activity **before** you stretch. It is also beneficial to stretch **after** you do your strength or cardio activities. You should stretch every day. If you cannot stretch every day, aim for at least 3 times a week for 20 minutes each session.



Hannah's How-To Increase Flexibility

“Stretching is a low-intensity activity. As you progress your stretching, remember that increasing your range of movement may feel slightly uncomfortable, but should not be painful. Push yourself to stretch farther, but not so far that it hurts. Also remember to keep breathing while holding each stretch. No bouncing! Instructions for completing these stretching activities are located at the back of Module 9.”

Flexibility Exercise/ Stretch	# of repetitions per set	# of sets per session	# of sessions per week
Calf and hamstring	4 per side	1	After cardio or strength training
Inner thigh	4 per side	1	After cardio or strength training
Quadriceps muscle	4 per side	1	After cardio or strength training
Lower back and hamstring	4 per side	1	After cardio or strength training
Trunk rotation	4 per side	1	After cardio or strength training
Shoulder and neck	4 per side	1	After cardio or strength training
Arm and side	4 per side	1	After cardio or strength training

What's in a Cool Down?

You can help prevent injury and reduce muscle soreness if you cool down after physical activity. Cooling down slows your heart rate gradually and helps prepare your muscles for the next time you're active.

A cool down may take 5 to 15 minutes.

1. To cool down, continue your activity, but slow down the pace for a brief time to slow your heart rate.
2. Stretch all major muscle groups used during the activity. Stretching the muscles while they are warm will help to increase flexibility.

Putting it All Together

How will you increase your physical activity over the next few weeks?



In the table on the next page, write down a weekly plan for physical activity.

Remember you should aim for a total of at least 150 minutes of moderate-intensity physical activity per week and include:

1. Daily stretching.
2. Cardio 3-4 days a week.
3. Strengthening 2-3 days a week.

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walking: How many steps?							
Cardio: How many minutes?							
Strength: How many sets?							
Stretching: How many repetitions?							

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____

Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Module Summary

Why Warm Up and Cool Down

You can prevent injury and reduce muscle soreness if you warm up before and cool down after physical activity.

- Warming up prepares your muscles and heart for activity.
- Cooling down slows your heart rate gradually and helps prepare your muscles for the next time you're active.

Engage Your Core

Your body's core muscles (around your trunk, pelvis (hips), and back) are where your center of gravity is located. When doing any movements or exercise, you should try to engage your core muscles. Strong core muscles can help with proper posture, balance, and back health.

Progressing Your Physical Activity

As you start thinking about how to increase your activity, remember to include a combination of cardiovascular, strengthening, and stretching. Each component has different benefits for your health and your weight. It is important to find a plan that will work for you. Be sure to start small and build your activity level as needed to maintain the right intensity. Remember, if you would like assistance with your physical activity plan, talk to your MOVE! Team.

When you feel like quitting, think about why you started.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider ways you can pump up your physical activity. Can you find a way to make cardio activity, strengthening, and stretching a part of your weekly physical activity routine?
4. Review Module 10 in preparation for your next meeting.

Strength and Balance Exercises

Knee Extension:

Strengthens quadriceps muscles (front of thigh). Progress to ankle weights when you feel ready.

- Sit upright in chair with hips and knees flexed at 90 degrees if possible. Start with your feet flat on the floor. Rest your hands on your thighs or to the side of the chair.
- Slowly extend one leg in front of you as straight as possible, toes pulled back towards you, if possible.
- Hold for 1 to 2 seconds.
- Slowly bend knee and rest foot flat on the floor. Pause.
- Repeat with other leg.
- Alternate legs until you have done 8 – 12 repetitions with each leg.
- Rest, then do another set of 8 – 12 alternating repetitions.



Knee Flexion:

Strengthens hamstring muscles (back of thigh). Progress to ankle weights when you feel ready.

- Stand upright, feet hip-width apart, and hold onto a table, chair or counter for balance.
- Slowly bend one knee as far as possible lifting foot up and off floor. Keep both knees close to each other.
- Hold for 1 to 2 seconds.
- Slowly lower foot back down to the floor. Pause.
- Repeat with other leg.
- Alternate legs until you have done 8 – 12 repetitions with each leg.
- Rest, then do another set of 8 – 12 alternating repetitions.



Knee Flexion:

Using resistance bands or tubes.

- You may wish to hold onto a wall or chair for this exercise.
- Loop one end around standing ankle.
- Loop other end under the left foot.
- With knees touching, focus on bringing the heel of the right foot to the gluteus muscle (buttocks). This should be felt in the back of the right thigh.
- Repeat 8 – 12 times for each leg.
- Rest, then do another set of 8 – 12 repetitions per side.



Plantar Flexion (heel raise):

Strengthens calf muscles.

- Stand upright, feet flat on floor hip-width apart, holding onto a table, chair or counter for balance.
- Slowly raise heels, standing on tiptoe, as high as comfortable.
- Hold for 1 -2 seconds.
- Slowly lower heels all the way back down. Pause.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Standing Hip Abduction (lateral raise):

Strengthens the hip abductor (side of the hip) muscles.

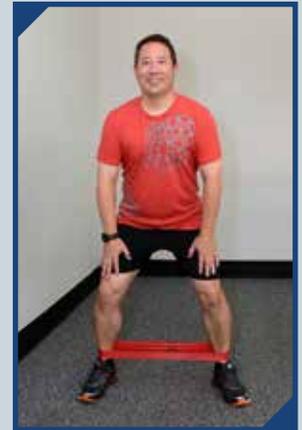
- Stand upright with both hands on a wall or chair for support, feet hip-width apart.
- With standing knee slightly bent, lift the other leg to the side of the body using the muscles at the outside of your hip. Keep your knee and toes pointing forward.
- Slowly lower the raised leg back to starting position. Repeat for 8-12 repetitions and switch to the other side.
- Rest, then do another set of 8 – 12 repetitions for each side.



Side Steps for Abductors:

Strengthens the hip abductor (side of the hip) muscles.

- Step into the resistance tube or band so that both feet are inside. Make sure you are wearing socks or something around your ankles.
- Start with the ankles touching; take 2 large steps to the right and then 2 large steps back to the left.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8-12 alternating repetitions.



Hip Flexion:

Strengthens hip flexor muscles.

- Stand upright using a chair or table to balance.
- Slowly bend one knee and lift thigh toward chest, without bending at the waist.
- Hold for 1 second.
- Slowly lower leg back to floor. Pause.
- Repeat with other leg.
- Alternate legs until you have done 8 – 12 repetitions per side.
- Rest, then do another set of 8 – 12 alternating repetitions.



Wall Push-ups:

Strengthens pectoral (chest) and triceps (back of arm) muscles.

- Stand a step or two away from the wall with feet hip-width apart. Extend both arms and place hands on the wall at chest height. Engage your abdominal muscles to keep your body aligned (plank position).
- Slowly bend elbows and let your body tilt toward the wall, keeping the abdominal muscles tight.
- Straighten elbows and repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Chair Push-ups:

Strengthens pectoral (chest) and triceps (back of arm) muscles.

- Using a sturdy chair instead of the wall, extend both arms and place hands flat on the chair seat. Engage your abdominal muscles to keep your body aligned (plank position).
- Slowly bend elbows and let your body tilt toward the floor, keeping the abdominal muscles tight.
- Straighten elbows and repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Chair Stands:

Strengthens glutes (buttocks), quadriceps (front of thigh) and challenges balance.

- Start by sitting upright, abdominals engaged, on the edge of your seat, hands resting on thighs, feet hip-width apart.
- Slowly rise to standing, pressing hands into thighs if needed for assistance.
- Slowly return to a seated position using hands on thighs to assist if needed.
- Remember to keep knees behind the toes when sitting.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Crunches:

Strengthens the abdominal muscles.

- Lay on the floor or a mat with knees bent and back flat.
- Gently, slide fingers toward the heels while tightening the abdominals, raising your shoulders and head slightly. Keep your eyes up toward the ceiling to avoid straining the muscles at the front of your neck.
- Return to starting position and do 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Twists:

Strengthens trunk muscles and challenges balance.

- Wrap the tube around a fixed object (tree, railing, door handle, etc.)
- Standing with feet hip distance apart and both hands grasping the tube, tighten the abdominal muscles and twist your upper body to the right.
- Return to center with abdominals still tightened, and twist to the left.
- Focus on the abdominal muscles and make sure they are engaged. This will help improve your posture overall and protect your low back.
- Repeat 8 – 12 full repetitions right and left.
- Rest, then do another 8 – 12 alternating repetitions.



Shoulder abduction (arm raise):

Strengthens middle deltoids (side shoulder muscles).

- Start with a light weight, 2-3 lbs., and only progress when you feel ready. Maximum weight 7 lbs.
- Sit upright in a sturdy chair with your abdominals engaged to support your back.
- Rest feet flat on floor about hip-width apart.
- Hold hand weights with arms extended down at your sides, palms facing inward.
- Raise both arms to side, shoulder height.
- Hold for 1-2 seconds.
- Slowly lower arms to sides. Pause.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Shoulder Flexion:

Strengthens anterior deltoids (front shoulder muscles).

- Start with a light weight, 2-3 lbs., and only progress when you feel ready. Maximum weight 7 lbs.
- Sit upright in a sturdy chair with your abdominals engaged to support your back.
- Rest feet flat on floor about hip-width apart.
- Hold hand weights with arms down at your sides, palms facing inward.
- Raise both arms in front of you to shoulder height with elbows extended, and hands rotated so palms now face downward.
- Hold position for 1-2 seconds.
- Slowly lower arms to sides. Pause.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Biceps Curl:

Strengthens biceps (arm muscles).

- Sit upright in a sturdy chair with your abdominals engaged to support your back (can also be performed standing).
- Keep feet flat on floor hip-width apart, knees and hips at 90 degrees.
- Hold weight with arm extended at your side, palms facing inward.
- Slowly bend the elbow, lifting weight toward shoulder and rotate palm to face shoulder while lifting weight.
- Hold for 1-2 seconds.
- Slowly lower arm to starting position. Pause.
- Do 8-12 repetitions and then switch to the other arm.
- Do 2 sets of 8-12 repetitions with each arm.



Biceps Curl:

Using a resistance band or tube.

- Place the resistance band under your right foot and grasp the handle or other end with your right hand.
- Stand tall with the abdominal muscles engaged. Keep your elbow close to your body.
- Bend your elbow and bring the hand up towards the shoulder.
- Hold for 1-2 seconds.
- Slowly lower arm to starting position.
- Do 8 – 12 repetitions and then switch to the other arm.
- Do 2 sets of 8-12 repetitions with each arm.



Chair Dips:

Strengthens triceps muscles (back of arms).

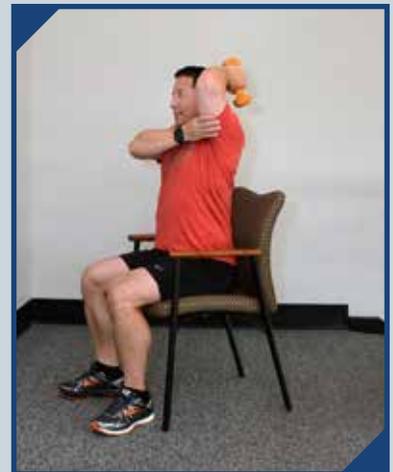
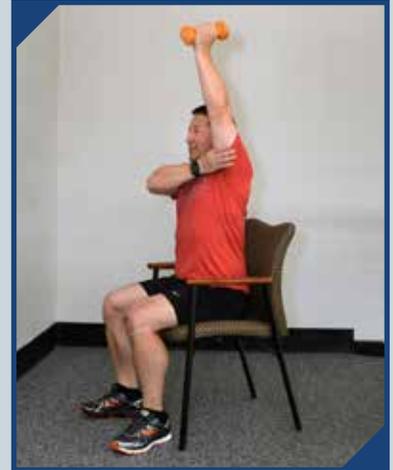
- Sitting in a sturdy chair with knees and hips at a 90-degree angle, place hands on the edge of the chair, fingers pointing forward.
- Slowly bend elbows behind you, lowering your buttocks in front of the chair, keeping your knees behind your toes.
- Return to straight elbows and repeat. Avoid using the legs to assist if possible.
- Repeat 8 – 12 repetitions.
- Rest, then do another set of 8 – 12 repetitions.



Triceps Extension:

Strengthens triceps muscles (back of arm). Support your working arm with the opposite hand throughout the exercise. (If your shoulders are limiting you from doing this exercise, focus on shoulder stretching exercises. Ask for guidance.).

- Sit upright in a sturdy chair with your abdominals engaged to support your back.
- Hips and knees are bent to 90 degrees, feet flat on the floor hip width apart.
- Hold a weight in one hand. Raise that arm up, elbow extended, palm facing in.
- Support this arm, below elbow, with other hand.
- Slowly bend raised arm at elbow, bringing weight behind head toward same shoulder.
- Slowly straighten arm toward ceiling.
- Hold for 1-2 seconds.
- Slowly bend arm again. Pause.
- Repeat the bending and straightening until you have done 8 – 12 repetitions.
- Repeat 8 – 12 repetitions with your other arm.
- Rest, then do another set of 8 – 12 repetitions per side.



Using a resistance band or tube.

- With your left hand, hold one side of the band close to chest, while your right hand grips the other end with palm facing down.
- Right arm is bent to a 90-degree angle, with elbow close to body.
- Extend right arm until elbow is straight and right hand is alongside your hip.
- Slowly bend right arm until elbow is back to 90 degrees (starting position).
- Repeat 8 – 12 times. Perform the exercise with the left hand.
- Rest, then do another set of 8 – 12 repetitions per side.



Flexibility Exercises/Stretching

Calf and Hamstring Stretch:

- Stand one or two steps away from a wall or other structure and lean on it as shown.
- Bend one leg and place that foot flat on the ground in front of you, keep the other leg straight and behind you.
- Slowly glide your hips forward, keeping your lower back flat.
- Keep the heel of the straight leg on the ground, with toes pointing straight ahead or slightly in.
- Hold the stretch for 15–60 seconds without moving. Breathe normally throughout. Relax.
- Repeat at least 4 times. Now, stretch the other leg.



Inner Thigh Stretch:

- Start with your feet a little more than shoulder-width apart.
- Bend your left knee slightly, pointing it out toward the side, and move your right hip downward toward the left knee.
- This stretches your right inner thigh.
- Hold for 15–60 seconds. Breathe normally throughout. Relax.
- Repeat at least 4 times. Now, stretch the other thigh.



Quadriceps Muscles Stretch:

- Standing close to a wall or a chair, place one hand on the wall or chair.
- Bend one knee and bring that foot close to your buttocks, grasping with your hand if possible.
- Stand upright with your shoulders back and hips extended.
- Hold for 15–60 seconds. Breathe normally throughout. Relax and slowly move back to your starting position.
- Repeat at least 4 times. Now, stretch the other leg.



Lower Back and Hamstring Stretch:

- Start in a standing position with feet about shoulder-width apart and pointed straight ahead.
- Slowly bend forward from the hips. Keep your knees slightly bent. Let your neck and arms relax.
- Go to the point where you feel a slight stretch in the back of your legs and lower back.
- Hold this stretch for 15–60 seconds. Breathe normally throughout. Slowly come back to a standing position with knees still slightly bent and relax.
- Repeat at least 4 times.



Trunk Rotation:

- Lie on your back on the floor with your knees bent and your back in a neutral position.
- Cough once and hold to tighten your abdominals.
- Keeping your shoulders on the floor, let your knees fall slowly to the left. Go only as far as is comfortable—you should feel no pain, only a stretch. Breathe normally throughout.
- Use your trunk muscles to pull your legs back up to the start position and relax.
- Repeat the exercise to the right.
- Repeat at least 4 times.



Shoulder Shrug:

- Stand upright with your abdominal muscles engaged. Gently shrug both shoulders, as if you are trying to touch your ears to your shoulders.
- Hold for 15–60 seconds, slowly relax back to starting position.
- Repeat at least 4 times.



Arm and Side Stretch:

- Stand with feet hip-width apart and bend your knees slightly.
- Raise one arm and gently pull that elbow behind your head while you bend from your hips to the side.
- Hold the stretch for 15–60 seconds. Breathe normally throughout. Slowly return to starting position and relax.
- Repeat at least 4 times. Now, stretch the other side.





MODULE TEN

Conquer Triggers and Cues



How do I conquer triggers and cues?

Triggers are things in your life that you tend to react to in a certain way—without even thinking about it. They can be internal (something that happens inside a person—like a physical sensation or thought). They can also be external (something that happens outside of a person—like sights, smells, times of day, or contact with people or places). The things that you feel or see may trigger unhealthy eating or physical inactivity. When you respond to a trigger in the same way, over and over again, you build a habit. Often, these habits lead to overeating, a sedentary lifestyle, and weight gain over time.

“The first step was changing my ‘all-you-can-eat’ mindset. I had to eliminate my love affair with food.”

– Joseph, lost 150 pounds

Remember, it takes time to break an old habit or build a new one!

There are several ways you can change your problem triggers and habits:

1. Avoid the trigger or keep it out of sight.
2. Change how you respond to a trigger.
3. Add new cues that help you make healthier choices.

Each of these strategies will help you build new, healthier habits to replace unhealthy habits.

In This Module You Will:

1. Learn how to identify your cues and triggers.
2. Identify ways of managing your environment.
3. Demonstrate ways to change cues and habits by breaking the chain.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

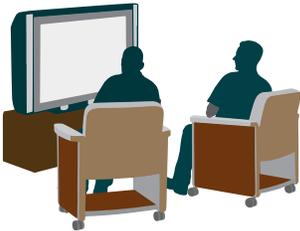
Recognizing Triggers

The things that you feel or see, like hunger, the sight and smell of food, thoughts and feelings (see also Module 6), or other people’s comments or actions, all may serve as triggers for unhealthy eating.

Everyone deals with problem triggers and cues throughout the day. **Here are some common examples.**

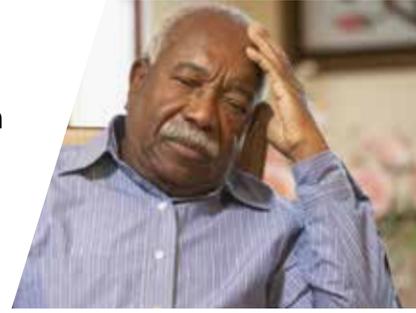
		
<p>At the dining table</p>	<p>In the kitchen</p>	<p>At or on the way to work</p>
<ul style="list-style-type: none"> • Serving dishes on the table • Large dinner plates • Other people eating large portions 	<ul style="list-style-type: none"> • Ready-to-eat foods (ice cream, cheese, cookies, chips) • Leftovers 	<ul style="list-style-type: none"> • Bakery on the way to work • High-fat, high-calorie goods readily available (in your desk, public areas, or vending machines)

To be physically active, you’ll have to deal with triggers that can work against you. Here are some common examples.

		
<p>When commuting or traveling</p>	<p>In the home</p>	<p>At work</p>
<ul style="list-style-type: none"> • Long periods of sedentary time • Changes to your routine • Shoes or clothes that are not appropriate for movement or activity 	<ul style="list-style-type: none"> • Watching TV • Sitting at the computer • Playing video games 	<ul style="list-style-type: none"> • Sitting at a computer for long hours • Long conference calls or meetings where you forget to stand up or move • Everything you need is within arm’s reach

What Are My Triggers?

Think about what triggers your unhealthy eating and inactivity. Do certain foods or situations trigger your cravings? Do certain locations or activities trigger you to be inactive? Becoming aware of your eating and activity patterns can help you better manage your weight. Write down the things in your life that have triggered unhealthy behavior in the past.



What has triggered unhealthy grocery shopping habits?

What has triggered unhealthy eating habits?

What has triggered you to sit still instead of being active?



Hannah's How-To Fight the Temptation

“Sometimes, we all need a little help dealing with temptation. Try these steps the next time you are tempted to eat in an unhealthy way.

- 1. Take 5 slow, deep breaths to relax.**
- 2. Think of how resisting the impulse will benefit your health and help you meet your goals.**
- 3. Quickly think of something you can do instead and do it!”**

Cravings vs. Hunger

One of the most important parts of successful weight loss is knowing why you eat. For example, do you only eat when you are hungry, or do you eat because you are bored? It’s important to know what you are responding to when you want to eat—is it hunger or is it a craving? Hunger is a healthy, natural cue that will signal when it is time to eat. Practice pausing to think about your craving before giving in to it. You may decide it isn’t worth the calories.

Are these questions true or false for you?

T	F	1. Even after a large meal, I still want dessert.
T	F	2. I often have a gnawing feeling in my stomach.
T	F	3. When someone mentions a food I love, I want to eat.
T	F	4. I feel light headed after not eating for hours.
T	F	5. When I drive by a certain restaurant, I want to eat.
T	F	6. There is a time every day when I feel hungry.

Numbers 1, 3, and 5 are likely psychological cravings. Numbers 2 and 4 are physical hunger. Number 6 could be either.

It’s important to distinguish cravings from hunger. Real hunger comes on slowly, not all of a sudden. Pay attention to your body and learn your signs of true hunger. Eat 5-6 small, healthy, balanced meals to help you manage your hunger and be less likely to overeat at the next meal. Eat slowly and taste what you eat. Eat filling, high-fiber foods such as vegetables, cereals, whole grain breads, or fruit.

- Cravings often don’t last that long—you might find they pass if you wait a few minutes.
- Cravings tend to be more emotional than physical.
- Once you know your urge to eat is a craving, there are things you can do to manage it.



Conquering Cravings

You can identify cravings by paying careful attention to when you want to eat. Consider these questions when you fill out your *Food and Activity Log* to determine whether you are eating because of hunger or a craving.

- Did something other than physical hunger urge you to eat?
- Did someone offer you food?
- Did something make you think about food?
- Did you see something that made you want to eat?
- Did you smell something that made you want to eat?



If you are having a craving there are two ways to address it: *distraction* and *confrontation*.

Distraction

Distraction helps you ignore the craving. When you know you are craving food, do something else. Think about something pleasant or do something to take your attention away from the urge to eat. The craving will soon pass, usually within 10 minutes. If you have many cravings throughout the day, *confronting* the craving may be a better strategy.

Confrontation

Confrontation involves facing the craving. For example, suppose you want to raid the refrigerator for ice cream. You could pretend that the craving is another person trying to convince you to eat. Argue with this person and say why you will not give in to your craving, "I just ate dinner and plan to have popcorn in a few hours. I don't need ice cream right now, it's just a craving." Think about who is in control: you or the craving?

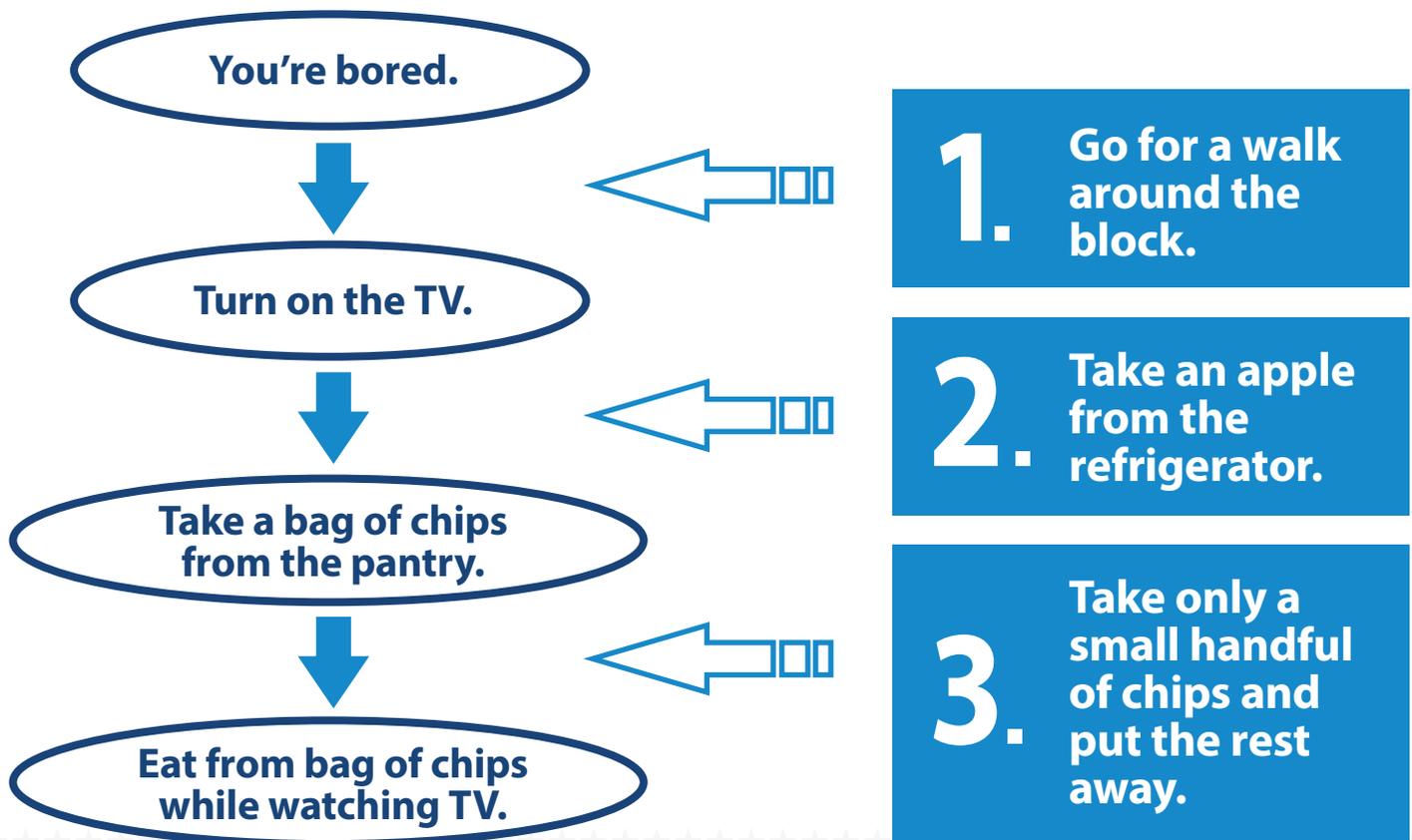
Which approach is more appealing to you, distraction or confrontation? Describe how you will use this method the next time you have a craving.

Healthy Ways of Responding to Triggers and Cues

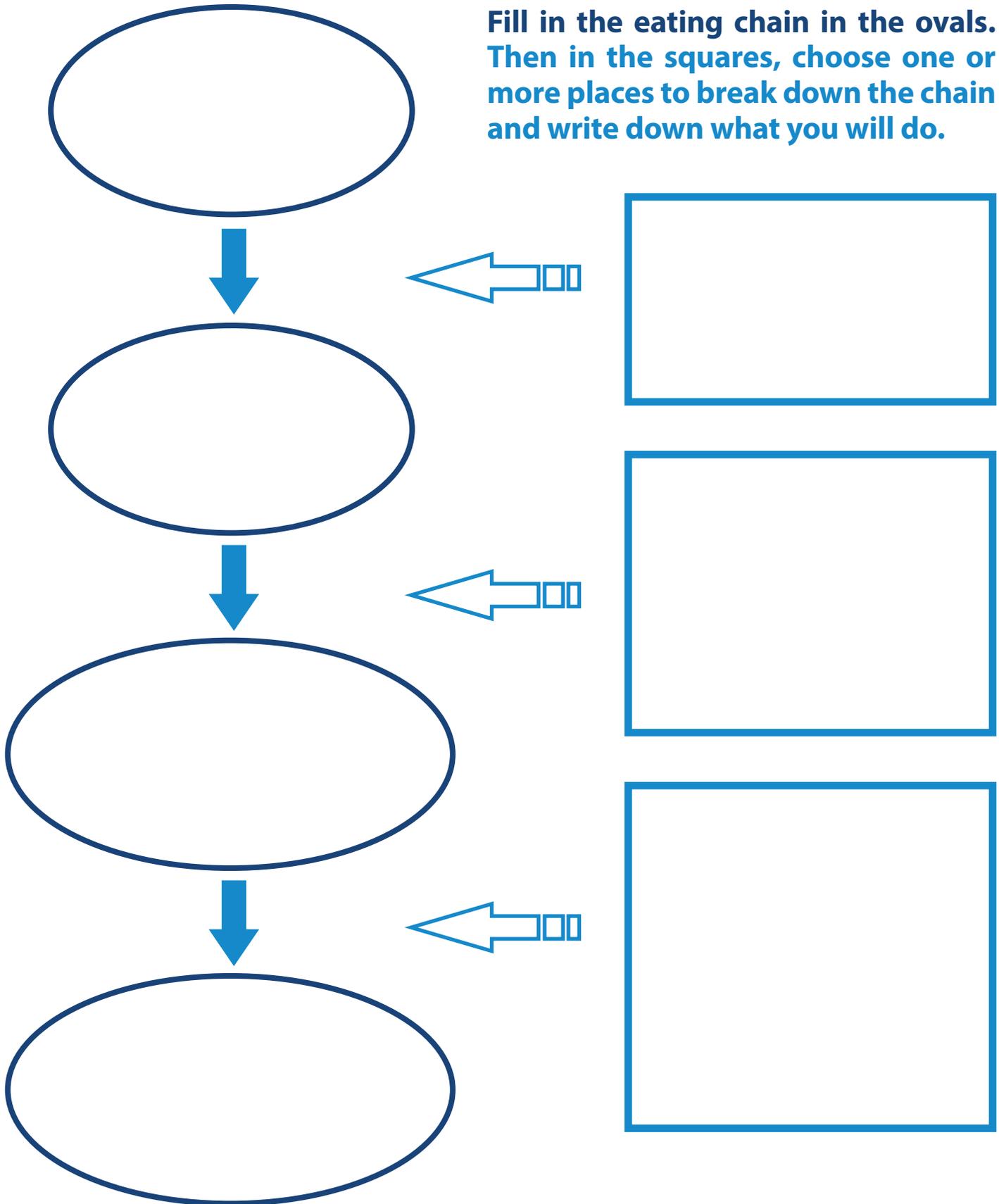
To lead a healthy lifestyle, you'll need to learn to manage triggers that can work against you. There are several ways you can change your problem triggers and habits:

Strategy	Example
1. Avoid the trigger or keep it out of sight.	Limit the amount of ice cream, cookies, or chips in your house to avoid eating these during cravings. Or limit the amount of time you watch TV.
2. Add a new cue that helps you lead a healthier life.	Leave your sneakers by the front door to remind you to go for a walk.
3. Build new, healthier habits to replace problem habits.	Keep low-fat, low-calorie foods, like fruits and veggies, on hand and ready to eat for a quick snack.

To apply these strategies, let's practice breaking the chain of events that may trigger unhealthy behaviors. View the example chain and three potential ways to break the chain. Then fill in the blank chain on the next page with a problem-eating cue/habit for you (ovals). Write down what you will do to break the chain in the rectangles.



Fill in the eating chain in the ovals. Then in the squares, choose one or more places to break down the chain and write down what you will do.



Managing Your Environment

Your environment can impact your ability to change unhealthy habits and create new healthy habits. Set yourself up for success by managing your environment at home and at work. Create an environment that will work *for* you, not against you. Post reminders about healthy behaviors where you will notice them - on the refrigerator, on the table, in your car, on the mirror, anywhere!



- 1 Eat very slowly and enjoy your meal at the table
- 2 List your reasons for managing your weight in a notebook:
 - Feel healthier, be able to do more fun stuff, feel better about myself, walk the dog longer
- 3 Keep healthy snacks ready to eat on the counter and in the refrigerator, too
- 4 Keep your Food and Activity Logs out in plain sight
- 5 Post your positive changes where they can be seen each day as positive reinforcement
 - Accomplishments to date: 1) Lost 20 pounds! (30 more to go!), 2) Blood pressure is lower, 3) Down 1 dress size
- 6 Keep your walking shoes out and easily accessible
- 7 Post your weight chart as inspiration to make healthy choices

Planning for Successful Social Encounters

Sometimes certain people or social events can trigger unhealthy behaviors. It may be helpful to plan ahead for these kinds of situations so you know how you will respond or break the chain of events.

Write down a healthy response to each of the following triggers using these three strategies:

1. Avoid the trigger or keep it out of sight.
2. Change how you respond to the trigger.
3. Add a new cue that helps you lead a healthier life.

Social Triggers	How I Would Break the Chain
Shopping Triggers	
<i>"When we go to the movies, we always get a big bucket of popcorn and soda to share."</i>	
<i>"My family gets pizza every Friday night."</i>	
<i>"I keep cookies/candy on hand for when my grandkids visit."</i>	

Eating Triggers	
<i>"My friends and I always have wings, beer, and chips while we watch the game."</i>	
<i>"After church, my women's group has coffee and donuts."</i>	
<i>"When I go to holiday parties, birthday parties, or family gatherings I can always get sweets or my favorite comfort foods."</i>	

Triggers for being less active	
<i>"My friends and I sit together in the cafeteria every day during lunch."</i>	
<i>"When dinner is over, we all like to watch TV."</i>	
<i>"When the weather is bad, we get stuck inside."</i>	

Busting Triggers

It can be challenging to cope with unhealthy eating and inactivity triggers. Here are some common triggers and ways to cope with them. Which of these triggers have you encountered before? How might you solve them? People who can recognize and anticipate their triggers and are ready to respond with a solution are more successful at maintaining change.



Triggers	Trigger Buster
Shopping Trigger	
This treat is on sale/I have a coupon for it.	<input type="checkbox"/> Find ways to save money on healthy items instead. <input type="checkbox"/> Don't clip coupons for unhealthy items.
It looks tempting.	<input type="checkbox"/> Stay away from the tempting parts of the store, such as the candy, chip or ice cream aisles. <input type="checkbox"/> Buy a very small amount. For instance, get a single ice cream bar instead of a whole container of ice cream. <input type="checkbox"/> Buy a healthier version. But take a close look at the Nutrition Facts. Don't rely on the word "healthy" alone. <input type="checkbox"/> Keep in mind that the store's goal is to get you to buy things.
It's for my spouse/kids/grandkids.	<input type="checkbox"/> Show your love in healthier ways. It will be better for you—and for them.
<i>Write Your Own.</i>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ _____ _____

Triggers	Trigger Buster
Eating Trigger	
I'm hungry.	<input type="checkbox"/> Eat something healthy. <input type="checkbox"/> Stop when you feel full. <input type="checkbox"/> Use a small plate.
I like to nibble on something while I watch TV.	<input type="checkbox"/> Avoid eating out of large containers and bags. Get yourself a single serving—and that's all. <input type="checkbox"/> Knit, ride a stationary bike, use resistance bands, or lift weights instead. <input type="checkbox"/> Chew sugar-free gum instead. Or nibble on non-starchy veggies, like celery. <input type="checkbox"/> Eat only at the kitchen/dining room table.
I feel sad/ anxious/ stressed/mad.	<input type="checkbox"/> Ease your feelings in healthy ways. For instance, talk with a friend. <input type="checkbox"/> Practice relaxation.
I feel bored.	<input type="checkbox"/> Do something healthy: go for a walk, mow the lawn. <input type="checkbox"/> Learn something new to occupy your mind. <input type="checkbox"/> Read a good book.
I feel lonely.	<input type="checkbox"/> Contact your friends or family. <input type="checkbox"/> Meet people: take a class, join a team or club, or volunteer. <input type="checkbox"/> Think about adopting a pet.
I don't want to waste food.	<input type="checkbox"/> Cook smaller amounts. <input type="checkbox"/> Store the leftovers in the fridge or freezer or give them away. <input type="checkbox"/> Remind yourself that your health is more important than a few bites of food.

Eating Trigger	
<p>This looks or smells tempting.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Keep a supply of healthy items that you like. Make sure they are visible and ready to eat. For instance, keep cut-up veggies in your fridge and a bowl of fruit on your table. <input type="checkbox"/> Don't keep unhealthy items at home, or keep them out of site. <input type="checkbox"/> Drink a glass of water or chew sugar-free gum. <input type="checkbox"/> Avoid vending machines or "free" food in the office. <input type="checkbox"/> Keep healthy snacks on hand at work.
<p>I have happy memories of eating this.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Change it to make it healthier. <input type="checkbox"/> Have a very small serving or share it with someone. <input type="checkbox"/> Make new memories of eating healthy dishes.
<p>I always get this at the drive-thru after work.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Take another route so you don't pass the drive-thru. <input type="checkbox"/> Don't eat in your car. <input type="checkbox"/> Order something healthy instead.
<p><i>Write Your Own.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Teresa's Tips

"Self-esteem is how you think and feel about yourself. Better self-esteem may make it easier for you to manage your weight. To improve your self-esteem, set achievable, realistic, short-term goals. Reward yourself for meeting your goals. Make a list of the positive things about yourself. Be assertive and express yourself. Instead of dwelling on your weaknesses, focus on your strengths. Be confident you will meet your goals. Imagine yourself in the future—healthier, more fit, and proud of your accomplishments."

Triggers	Trigger Buster
Triggers of Sitting Still	
I'm tired.	<input type="checkbox"/> Get more sleep at night. <input type="checkbox"/> Take a short nap. <input type="checkbox"/> Remind yourself that being active can be energizing.
My joints/feet hurt.	<input type="checkbox"/> Find activities that are easy on your body, like swimming or yoga. <input type="checkbox"/> Focus on what you can do. You may not be able to run but you may be able to walk. <input type="checkbox"/> Talk with your health care provider about managing your pain. <input type="checkbox"/> Space out activities so you don't overdo it. <input type="checkbox"/> Practice relaxation and stretching.
I feel sad/ anxious/ stressed/mad.	<input type="checkbox"/> Ease your feelings in healthy ways. For instance, take a brisk walk.
I always lie on the couch and watch TV after dinner.	<input type="checkbox"/> Ride a stationary bike, use resistance bands, or light weights while you watch TV. <input type="checkbox"/> Be active during ads. <input type="checkbox"/> Go for a walk after dinner instead.
<i>Write Your Own.</i>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Goal-Setting Check-Out

As you make your healthy eating and physical activity goals for this week, consider the following.

1. Remove one problem food trigger
 - a. What problem food trigger will I remove?
 - b. What will I need to do to make sure I remove it?
 - c. What challenges might I have? What will I do to solve them?

2. Add one positive cue for being more active
 - a. What activity cue will I add?
 - b. What will I need to do to make sure I add it?
 - c. What problems might I have? What will I do to solve them?

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____



Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Module Summary

Recognizing Cues and Triggers

The things you feel or see may trigger unhealthy eating or inactivity. The things people say or do around you can also trigger unhealthy behavior. It is important to recognize the cues and triggers that may work against you when trying to manage your weight.

“If you stick with the program it works. All you need is the motivation.”

– Stephen, lost 80 pounds

Hunger vs. Cravings

It is important to recognize cravings versus hunger. When you want to eat, think about whether you are hungry or experiencing a craving. There are two ways to deal with cravings: **distraction** helps you ignore the craving and **confrontation** helps you face the craving.

Managing Cues and Triggers

There are three strategies to manage cues and triggers.

1. Avoid the trigger or keep it out of sight.
2. Change how you respond to the trigger.
3. Add a new cue that helps you lead a healthier life.

When you are faced with unhealthy eating or inactivity triggers, remember to “break the chain.” Ask yourself how you can interrupt this pattern of unhealthy behavior. Remember that it takes a long time to build a habit and a long time to break a habit. Setting your environment (home, office) up for success can help you replace unhealthy habits with healthier ones (for example, leaving your tennis shoes by the door for walks).

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider how you will manage or remove unhealthy eating triggers and how you can add cues to your environment for physical activity.
4. Review Module 11 in preparation for your next meeting.

Notes:



MODULE ELEVEN

Finesse Your Food



How do I finesse my food choices?

Calories come from three main suppliers of nutrients in your diet, known as macronutrients: carbohydrates, proteins, and fats. They can also come from alcohol that you include with your diet. However, alcoholic beverages do not provide vitamins, minerals, fiber, or other nutritional value. To reduce your intake of calories and unhealthy fats try the meal and snack suggestions in this module. Dietary changes that you can continue long-term will help you to be successful with weight loss and maintain a healthier weight.

“Losing weight doesn’t have to mean starving yourself. It means understanding what you eat and what you want your life to be going forward.”

– Ben, lost 60 pounds

To achieve a healthy eating pattern, most people will need to look closely at their food and beverage selections and adjust them to include nutrient-dense foods and beverages in place of less healthy choices. Some diet changes will be minor and can be done by making simple substitutions, while others will require greater effort to accomplish.

In This Module You Will:

1. Identify the three macronutrients in a healthy diet.
2. Identify at least one healthy substitution you can make to improve your food choices.
3. Learn to recognize a fad diet.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Macronutrients

Choose Healthy Carbohydrates

The role of carbohydrates or “carbs” is to provide energy. They are the body’s main source of fuel, needed for physical activity, brain function and operation of the organs. Carbohydrates include sugar, starch, and fiber.



Choose MORE of These Carbs	
Vegetables	<p>Non-starchy Vegetables</p> <ul style="list-style-type: none"> • Brussel sprouts • Carrots • Cauliflower • Eggplant • Greens (kale, chard, collards) • Lettuce (Romaine, iceberg, Bibb) • Okra • Radishes • Spinach • Sprouts • Turnips • Summer squash (yellow or zucchini)
Fruits	<p>Fruits with no sugar added</p> <ul style="list-style-type: none"> • Apples (+ unsweetened applesauce) • Blueberries • Grapes • Oranges • Pears • Plums • Raspberries • Watermelon • Strawberries
Grains	<p>Whole grains</p> <ul style="list-style-type: none"> • 100% whole wheat • 100% whole grain • Whole rye grain bread or crackers • Whole wheat pasta • Whole cornmeal • Oats (whole, steel-cut, rolled, quick, instant) • Quinoa • Barley • Bulgar • Brown rice (including instant) • Wild rice • Whole grain cereals • Whole wheat flour • Popcorn
Legumes	<ul style="list-style-type: none"> • Lentils • Beans (kidney, pinto, wax, black, fava, green, garbanzo or chickpeas, cannellini) • Dried peas (black-eyed, sugar snap, mung) • Edamame • Alfalfa sprouts

Choose FEWER of These Carbs	
Vegetables	<p>Starchy Vegetables</p> <ul style="list-style-type: none"> • Corn • Lima beans • Peas (green, snow, split) • Plantain • Potatoes • Pumpkin • Sweet potatoes • Taro • Winter squash (butternut, acorn, Kobacha) • Yams • Parsnips • Cassava (yuca)
Fruits	<p>Fruits with sugar added</p> <ul style="list-style-type: none"> • Sweetened Applesauce • Most dried fruit, like cranberries • Fruit Rollups • Fruit Sorbet • Fruit juice* <p>*Most fruit juice contains as many carbs as sugar-sweetened beverages. Instead of drinking juice, try adding a small amount of fruit to water. If juice is a must, choose 100% fruit juice with no added sugar in limited amounts.</p>
Grains	<p>Refined-grains</p> <ul style="list-style-type: none"> • Wheat germ • Wheat bran • White bread • White flour • Pasta, crackers and baked goods made with “enriched” wheat flour* • Pastries • Cookies • Cakes <p>*Cracked wheat, stoned wheat, wheat berry, 100% wheat, seven-grain, multigrain – all are made from mostly refined grains, not whole grains.</p>

Which healthy carbs are you already using in your diet?

Which less healthy carbs could you decrease in your diet?

Eat Your Protein

Protein provides amino acids, the basic building blocks of the body. We need protein to keep our bodies in good working order, repair body cells as they wear out, and protect us from bacteria and viruses. Foods rich in protein are all types of meat, fish, poultry, eggs, milk products, dried beans, and nuts.

Adult men and women need a total of **2-5 ½ ounces of protein per day**, depending on calorie level. Extra protein may be stored in the body as fat. **Consider replacing two beef/chicken/pork meals a week with fish or plant-based protein.**

Protein Options: Seafood/Nuts/Beans/Dairy

- | | | | |
|---|--|--|---|
| <ul style="list-style-type: none"> • Fish <ul style="list-style-type: none"> ◦ Salmon ◦ Tuna ◦ Herring ◦ Trout ◦ Tilapia | <ul style="list-style-type: none"> • Shellfish <ul style="list-style-type: none"> ◦ Shrimp ◦ Crab ◦ Crawfish ◦ Oysters | <ul style="list-style-type: none"> • Nuts/Nut Butters <ul style="list-style-type: none"> ◦ Almonds ◦ Walnuts ◦ Pistachios ◦ Pecans ◦ Peanuts ◦ Cashews | <ul style="list-style-type: none"> • Dry beans, peas, or lentils • Eggs • Greek yogurt • Low-fat cheese |
|---|--|--|---|

Protein Options: Meat/Poultry

- | | |
|--|---|
| <ul style="list-style-type: none"> • Poultry (chicken, turkey) <ul style="list-style-type: none"> ◦ Chicken and turkey without skin ◦ Lean or extra lean ground turkey ◦ Ground white meat chicken • Lean beef and pork cuts* <ul style="list-style-type: none"> ◦ Top loin chops ◦ Tenderloin ◦ Top sirloin ◦ Top round (London broil) ◦ Round eye ◦ Bottom round (rump roast) ◦ Round tip, arm, and chuck shoulder | <ul style="list-style-type: none"> • Extra lean ground beef (90% lean or more) <p>*Choose cuts labeled "Choice" or "Select," instead of "Prime," which usually has more fat. Choose cuts with the least amount of visible fat (marbling). Even then, trim any visible fat before preparing the beef.</p> |
|--|---|

Write down some ways you can incorporate meatless meals into your menu planning. For example, what new recipes could you try or recipe substitutions would you make?

Go Good Fat!

Fats help the body absorb certain vitamins, produce hormones, and build body tissues. Fats are important for the brain and the central nervous system. The four major types of fats are: **monounsaturated fats**, **polyunsaturated fats**, **saturated fats**, and **trans fats**.



Adequate fat is an important part of a healthy diet. **Most dietary fat should come from unsaturated fats, especially from fatty fish, seeds and nuts that provide omega-3 fatty acids.** Eating two 3-ounce servings of fish per week meets the recommendation for omega-3, which is linked to decreased inflammation. Monounsaturated and polyunsaturated fats are known as “healthy fats” because they are good for your heart, cholesterol levels, and overall health. These fats tend to be “liquid” at room temperature.

Small amounts of fat (less than 10% of your calorie intake) can come from saturated fats. Trans fats and foods containing trans fats (partially hydrogenated oil) should be avoided. Try replacing sources of saturated and trans fat in your diet with unsaturated options. For example, replace butter on your toast with a smear of mashed avocado. Instead of chips, try 10 olives or 20 nuts for a snack.



Smart Alex

“Cholesterol is a waxy substance found naturally in the blood. It is mainly produced in the liver, but also found in foods such as red meat, high fat cheese, butter, and eggs. Cholesterol is essential for maintaining good health and only becomes a problem when the level in your blood is too high.

Know your cholesterol test results:

LDL (low density lipoprotein cholesterol) is “bad”—you want to lower this number.

HDL (high density lipoprotein cholesterol) is “good”—you want to increase this number.”

Healthy Fats	Food Sources	
Monounsaturated fat <i>Lowers LDL</i>	<ul style="list-style-type: none"> • Olives and olive oil • Canola oil • Sunflower oil • Peanut oil 	<ul style="list-style-type: none"> • Avocados • Nuts and seeds • Peanut butter
Polyunsaturated fat <i>Lowers Triglycerides and raises HDL Cholesterol</i>	<ul style="list-style-type: none"> • Fatty fish (salmon, tuna, mackerel, herring, trout, sardines) • Ground flaxseed • Walnuts • Corn oil 	<ul style="list-style-type: none"> • Soybean oil • Safflower and cottonseed oils • Soymilk • Tofu
Unhealthy Fats	Food Sources	
Saturated fats <i>Increases total cholesterol levels including HDL and LDL</i>	<ul style="list-style-type: none"> • High-fat cuts of meat (beef, lamb, pork) • Chicken with the skin • Whole-fat dairy products • Butter • Ice cream 	<ul style="list-style-type: none"> • Cheese • Lard • Palm and coconut oil (snack foods, non-dairy creamers, whipped toppings)
Trans fats <i>Increases total cholesterol levels including LDL and lowers HDL cholesterol</i>	<ul style="list-style-type: none"> • Stick margarine • Vegetable shortening • Candy bars • Fried foods (French fries, fried chicken, chicken nuggets, breaded fish) • Packaged snack foods (crackers, microwave popcorn, chips) 	<ul style="list-style-type: none"> • Pre-mixed products (cake mix, pancake mix, chocolate drink mix) • Commercially baked pastries, cookies, donuts, muffins, cakes, pizza dough, pie crust • Powdered coffee creamer

What types of heart-healthy fats (mono and polyunsaturated fats) are you already using in your diet?

What types of unhealthy fats are you using? How might you replace them with healthier substitutions?

Find the Fat

Most of the fat we eat (70%) is hidden in foods, meaning you can't visibly see it like you can on a steak. Look at how much fat and calories are in a typical fast food lunch.

	Fat Grams	Total Calories
Fried fish sandwich	26	440
Large French fries	22	400
Apple turnover, fried	15	260
Vanilla milkshake	10	334
Total:	73	1434

73 grams of fat is about 18 teaspoons of fat. That's almost a whole stick of butter!

Typically, frying food triples the calories compared to other cooking methods that don't require added fat.

Write down some foods you eat that are high in fat.



Teresa's Tips

"Fat has more than twice the calories found in carbohydrates or protein. Eating less fat can help you eat fewer calories."

Macronutrient	Calories per Gram
Carbohydrates	4
Protein	4
Fat	9

Think about finding lower fat choices. Instead of a doughnut, choose toast or an English muffin made with whole grains. Have an orange instead of potato chips, or a grilled chicken sandwich instead of a cheeseburger. You get the idea!

Use the MOVE! Coach App or other food tracker to fill in the table.

How many calories can you save by making these switches?

	Fat Grams	Total Calories
Instead of... 2 chocolate chip cookies		
Choose.... 6 animal crackers		
Instead of... 1 cup 2% milk		
Choose... 1 cup fat-free milk		

Making Healthy Substitutions

Recipe Smart Stand-Ins

Use the following tips to trim excess calories, fat, and cholesterol from your favorite recipes.



If your recipe calls for:	Try these healthy substitutions:
Whole or 2% milk	<ul style="list-style-type: none"> • Fat-free milk (non fat/skim) • Low-fat milk (½% or 1%)
Cream	<ul style="list-style-type: none"> • Evaporated fat-free milk • Fat-free half-and-half
Whipped cream	<ul style="list-style-type: none"> • Whip chilled, evaporated fat-free milk
Sour cream	<ul style="list-style-type: none"> • Fat-free or low-fat sour cream • Plain low-fat yogurt or Greek yogurt
Mayonnaise	<ul style="list-style-type: none"> • Light, low-fat, or fat-free mayonnaise • Mayonnaise made with olive oil • Fat-free plain yogurt • Mashed avocado
Cream cheese	<ul style="list-style-type: none"> • Reduced-fat or fat-free versions (no fat-free for baking)
Ricotta cheese	<ul style="list-style-type: none"> • 1% cottage cheese • Skim or non-fat ricotta
Whole-milk cheese (regular cheese)	<ul style="list-style-type: none"> • Part-skim milk mozzarella • Low-fat or reduced-fat cheese (made with 1% or 2% milk)
Butter, lard, shortening	<ul style="list-style-type: none"> • Depending on the recipe, use canola or olive oil • In baking, swap 1 cup mashed ripe banana or avocado puree for 1 cup of butter
Oil (in baking)	<ul style="list-style-type: none"> • Replace half the oil with unsweetened applesauce (Example: a recipe using 1 cup of oil would use ½ cup oil and ½ cup applesauce)

1 egg yolk	<ul style="list-style-type: none"> • 1 egg white
1 egg (as thickener)	<ul style="list-style-type: none"> • 1 tablespoon flour
1 whole egg	<ul style="list-style-type: none"> • 2 egg whites • 1 egg white and 2 teaspoons of oil • 1 tablespoon flax seed (flax meal) with 3 tablespoons of warm water—whisk with fork, combine, let sit for 5-10 minutes—substitute for 1 egg in baking
Nuts, coconut	<ul style="list-style-type: none"> • Use fewer nuts and toast them to enhance flavor
Frosting	<ul style="list-style-type: none"> • Sifted confectioner’s sugar • Top with sifted cocoa powder • Meringue
Luncheon meats	<ul style="list-style-type: none"> • Low-fat varieties – skinless turkey, chicken, or lean ham
Sausage	<ul style="list-style-type: none"> • Lean ground turkey • Veggie sausage
Bacon	<ul style="list-style-type: none"> • Canadian bacon • Turkey bacon • Lean ham Prosciutto or pancetta
Cream soups	<ul style="list-style-type: none"> • Fat-free broths • Broth-based soups • Fat-free (skim) milk-based soups

“Through the program, I began to eat less processed carbohydrates, more fruits and vegetables, and more lean meats. Now, I am also conscious of foods high in sodium, fat, and cholesterol—I’m trying to eat less of those foods.”

– Robert, lost 46 pounds



Snack Attack

When you need a snack, consider these lower calorie foods to manage your weight and your hunger. Check off the snacks you want to try!

Under 100 Calorie Snacks	100-200 Calorie Snacks
<ul style="list-style-type: none"> <input type="checkbox"/> 1 kosher dill pickle <input type="checkbox"/> 1 cup sugar-free gelatin <input type="checkbox"/> 2 sugar-free ice pops <input type="checkbox"/> 1 sugar-free fudge pop <input type="checkbox"/> 8 oz. miso soup <input type="checkbox"/> 1 cup fat-free Greek yogurt with 2 tsp. sugar-free jam <input type="checkbox"/> 2 brown rice cakes with 2 Tbsp. sugar-free jam <input type="checkbox"/> ½ cup carrots with 1 Tbsp. light ranch dressing <input type="checkbox"/> 3 cups air-popped popcorn <input type="checkbox"/> 1 cup strawberries with 3 Tbsp. nonfat yogurt <input type="checkbox"/> 4 oz. unsweetened applesauce sprinkled with cinnamon <input type="checkbox"/> 1 cup raw vegetables with 2 Tbsp. hummus or fat-free salad dressing <input type="checkbox"/> 3 graham crackers <input type="checkbox"/> 3 vanilla wafers with ½ cup fat-free (skim) milk <input type="checkbox"/> 1 slice cinnamon-raisin toast with 1 tsp. honey <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 cup fat-free yogurt with ½ cup fresh or frozen unsweetened berries <input type="checkbox"/> 1 plain rice cake with 1 Tbsp. peanut butter and a small sliced banana <input type="checkbox"/> ¾ cup fat-free cottage cheese with ¼ cup berries <input type="checkbox"/> Fruit smoothie with ¾ cup nonfat yogurt and ½ cup fruit <input type="checkbox"/> 1 oz. of pretzels <input type="checkbox"/> 1 small whole wheat pita with 1 oz. low-fat cheese and ½ cup vegetables <input type="checkbox"/> 1 small-medium apple with 1 Tbsp. peanut butter <input type="checkbox"/> 1 cereal bar or reduced-fat granola bar <input type="checkbox"/> 2 clementines with 1 string cheese <input type="checkbox"/> 10 baked tortilla chips with ½ cup salsa <input type="checkbox"/> ¼ cup almonds, cashews, or pistachios <input type="checkbox"/> ½ cup low- or nonfat frozen yogurt <input type="checkbox"/> ½ cup cottage cheese with 1 cup pineapple <input type="checkbox"/> ½ cup sorbet or sherbet <input type="checkbox"/> 2 hard-boiled eggs <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Teresa's Tips

“When trying to lose weight, cutting out sweets can be really challenging. There are ways to control those sugar cravings and enjoy dessert without feeling deprived. Try eating fresh fruit after dinner. You can also make a mini-version of your favorite dessert. Sometimes all that is needed is a bite or two to feel satisfied and you can still enjoy your treat. Enjoy an individual frozen treat like low-fat or fat-free frozen fudge pop.”

Bring Out the Flavor

Eating healthy doesn't mean your food should be bland. You can bring out the flavor in your foods in many ways. Adding herbs and spices during cooking, substituting low-fat toppings on foods, and healthy cooking techniques can help you spice up your foods (see Module 7 for healthy cooking options). Use herbs and spices to add extra flavor to food without adding salt or calories. Try some of these recommendations at your next meal!



Sweet Seasonings (to replace sugar)	Savory Seasonings (to replace salt)
<ul style="list-style-type: none"> • Allspice • Anise • Caraway • Cardamom • Cloves • Cinnamon • Mace • Nutmeg • Poppy seeds • Sesame seeds • Vanilla 	<ul style="list-style-type: none"> • Black pepper • Coriander • Curry power • Cumin • Dill seeds • Garlic powder • Ginger • Lemon zest • Mustard • Onion powder • Vinegar

MODULE ELEVEN

Try different herbs and spices when preparing meat and vegetables.

			
Fish	Chicken	Beef	Lamb
<ul style="list-style-type: none"> • Curry powder • Dill • Dry mustard • Marjoram • Paprika • Pepper • Turmeric 	<ul style="list-style-type: none"> • Ginger • Marjoram • Oregano • Paprika • Rosemary • Sage • Tarragon • Thyme 	<ul style="list-style-type: none"> • Bay leaf • Marjoram • Nutmeg • Oregano • Pepper • Rosemary • Sage • Thyme 	<ul style="list-style-type: none"> • Curry powder • Garlic • Mint • Rosemary • Thyme
			
Pork	Veal	Carrots	Green Beans
<ul style="list-style-type: none"> • Coriander • Cumin • Curry powder • Garlic • Oregano • Pepper • Sage 	<ul style="list-style-type: none"> • Bay leaf • Curry powder • Ginger • Marjoram • Oregano 	<ul style="list-style-type: none"> • Allspice • Cinnamon • Cloves • Ginger • Mint • Sage • Tarragon 	<ul style="list-style-type: none"> • Basil • Curry powder • Dill • Garlic • Onion • Tarragon • Thyme
			
Tomatoes	Potatoes	Corn	Mushrooms
<ul style="list-style-type: none"> • Basil • Bay leaf • Black pepper • Dill • Marjoram • Oregano • Parsley • Onion 	<ul style="list-style-type: none"> • Chives • Dill • Garlic • Paprika • Parsley • Sage • Thyme • Turmeric 	<ul style="list-style-type: none"> • Basil • Chives • Cumin • Curry powder • Dill seeds • Onion • Paprika 	<ul style="list-style-type: none"> • Black pepper • Marjoram • Nutmeg • Oregano • Parsley • Sage • Tarragon

Skip the Fad Diets

Most people who are trying to lose weight would like for it to happen right away. This has created a market for fad diets and weight-loss pills and supplements.

Fad Diet FAQs

Q: How can I tell if a diet is a “fad” diet?

A: Signs of a fad diet include:

1. Miraculous claims and testimonials
2. Promises of fast weight loss
3. Rules that make you avoid certain food groups
4. A food plan that does not consider your preferences and lifestyle



Q: Do fad diets work?

A: No! They can help you lose weight over the short term, but people tend to gain it back once they stop eating the fad diet. To lose weight and keep it off, you must change your eating and physical activity and make this part of your lifestyle. Fad diets don't result in long-term weight loss and may be bad for your health.

Q: Will over-the-counter weight loss supplements help me?

A: No. Many over-the-counter products contain questionable, if not dangerous substances. Some of these products contain medications that should require a prescription or are illegal in the United States. **These substances can also interact with your prescribed medications.**

There are a small number of prescription medications that are approved by the Food and Drug Administration (FDA) for weight management. If you feel you would benefit from a weight loss medication, let your MOVE! or health care team know. These medications are designed to work in conjunction with MOVE!

Q: Are all diets bad?

A: No. Eating healthier is always good for you. Your health care team or dietitian may recommend a special diet. These diets do work in managing problems like diabetes. They also help you manage your weight. The current medical opinion is that one should choose a healthy diet and stick with it now and in the future. Find a healthy diet that works for you.



Smart Alex

“ There are several healthy dietary plan choices you can consider when trying to manage your weight. There is not one “right” diet for everyone. You should choose a healthy food plan that reduces your calorie intake and that you can maintain over the long-term. Healthy diets include the Mediterranean diet, DASH diet (dietary approaches to stop hypertension), low-carb diet, or low-fat diet. Consult with your MOVE! team to select a diet that matches your health needs.”

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____



Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Module Summary

Carbohydrates, Protein, and Fats - Macronutrients

Carbohydrates or “carbs” are the body’s main source of fuel, needed for physical activity and brain and organ function. Protein supplies amino acids, the basic building blocks of the body. We need protein to keep our bodies in good working order and protect us from bacteria and viruses. Fats help the body absorb certain vitamins, produce hormones, and build body tissues and are important for the brain and the central nervous system. The four major types of fats are: **monounsaturated fats, polyunsaturated fats, saturated fats, and trans fats.** Most dietary fat should come from unsaturated fats. Small amounts can come from saturated fats (less than 10% of your calorie intake). Transfats and foods containing transfats should be avoided.

“The main thing for me was calories, calories, calories. I counted my calories.”

– Jerry, lost 42 pounds

Making Healthy Substitutions

There are many ways to avoid extra calories and unhealthy fats by making changes to the meals and snacks you already eat. Healthy eating doesn’t mean giving up all the foods you love! Learning to finesse your food with smart substitutions, menu alterations, and recipe adjustments can help you maintain an overall healthy eating pattern. Remember to plan your meals choosing non-starchy vegetables and lean protein options. Use “good fats” because they are good for your heart, cholesterol levels, and overall health. Use seasonings to bring out the flavors in your foods. Modify recipes without sacrificing taste and consider healthy new snacks to help stay on track.

Dietary Plan Choices

There is not one “right” diet for everyone. You should choose a healthy food plan that reduces your calorie intake and that you can maintain over the long term. If you eat healthier foods and control your portions, all foods can fit in your diet. Consult with your MOVE! team to select a plan that matches your health needs.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider ways you can reduce calories by making healthy substitutions in your meal planning and cooking.
4. Review Module 12 in preparation for your next meeting.



MODULE TWELVE

Dust Yourself Off



What should I do when I have a slip?

By now you are well on your way to a new, healthier lifestyle! You've probably been through times when you didn't stick to your new healthy eating and activity plans. These are called slips. Slips are a normal part of making lifestyle changes and are to be expected. It's important to think of a slip as a **temporary** problem and to **learn from it**.

Slips don't hurt your overall progress. How you respond to a slip is most important!

“I've done MOVE! three times, and it's shown me that to be successful, I need a weight-loss program that requires a lifestyle change—not simply a diet.”

– Robert, lost 137 pounds over 4 years

Guilt from a slip can lead to more slips and a loss of confidence. A series of slips can be harmful if they lead to a relapse. A relapse is a series of slips that causes you to fall back into unhealthy eating and physical activity patterns of behavior. Don't let a slip lead to guilt or despair—and don't give up!

In This Module You Will:

1. Learn that slips are a normal part of lifestyle change.
2. Recognize what may trigger a slip.
3. Identify how to handle slips and get back on your feet to avoid relapsing.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Recognizing a Slip

Slips are a common experience—everyone who is trying to lose weight or maintain weight loss will experience a slip from time to time. No one slip, no matter how extreme, will cause you to fail. The slip itself is not the problem—the problem can come if you don't get right back on your healthy lifestyle plan after you slip.



Catch yourself when you slip or are about to slip. Stop what you are doing and take a look at the situation.

- *What is happening?*
- *Why is the slip starting?*
- *Try to take yourself out of the situation so you won't be tempted.*

What situations cause you to slip from healthy eating?

What situations cause you to slip from being active?



Tom's Toolkit

"There are several tools and strategies for handling a slip. Try these the next time you have a slip."

1. **Fight negative thoughts with positive responses.**
2. **Ask yourself what happened so you can reflect on and learn from the experience.**
3. **Get back on track right away.**
4. **Talk to someone who supports you.**
5. **Focus on all the positive changes you've made."**

Handling Slips

You've learned that slips are a normal part of making lifestyle changes. Most people who are trying to lose weight or maintain weight loss make mistakes, or slips. What will affect your success in this program and beyond is how you respond to slips. There are several tools and strategies that you can use for responding to a slip. **Consider these strategies the next time you have a slip.**



Rethink your unhelpful thoughts.	Negative thoughts can be your worst enemy. Don't fall into negative thought patterns like All or Nothing Thinking or Self-Labeling. Rethink your unhelpful thoughts. See Module 6 - Conquering Unhelpful Thoughts.
Ask yourself what happened.	Reflect on the situation and learn from the slip. How can you avoid this type of slip in the future? How can you manage the situation differently?
Get back on track right away.	Plan how you can get back on track right away. For example, make your very next meal a healthy one, or get back on schedule with your activity plan. Don't let your slip turn into a relapse.
Talk to someone supportive.	Call your MOVE! facilitator or another friend to discuss your slip. Talk about your new strategy for handling slips going forward. Commit yourself to a renewed effort.
Focus on positive changes.	You are making lifelong changes! Slips are just one part of the process.

How can planning to handle slips help you be more successful in this program?

How can friends and family members help you deal with slips and prevent relapses?

How will you change the way you respond to slips?

Planning to Handle Slips

Because slips are to be expected during your weight loss journey, planning on how you will respond when a slip occurs can help you save time, effort, and frustration getting back on track.

Describe a situation that caused a slip from healthy eating.	
Describe one situation that has caused you to slip from healthy eating.	
Can you avoid that situation in the future? How?	
Make a plan to get back on your feet the next time you slip.	
When this slip happens, I will:	
When will I act?	
What will I do first?	
The roadblocks that might come up:	
I will handle the roadblocks by:	
To make my success more likely, I will reward myself with:	

Describe a situation that caused a slip from being active.

Describe one situation that has caused you to slip from being active.	
Can you avoid that situation in the future? How?	

Make a plan to get back on your feet the next time you slip.

When this slip happens, I will:	
When will I act?	
What will I do first?	
The roadblocks that might come up:	
I will handle the roadblocks by:	
To make my success more likely, I will reward myself with:	

From Slips to Relapse

Getting discouraged after a slip may lead to more slips. This may then cause a person to lose their confidence in their eating and activity patterns. A series of slips can lead to a relapse, or falling back into old eating and activity habits, which can result in weight gain.

It's important to think of a slip as a **temporary** problem and to **learn from it**. Don't let a slip lead to guilt or despair.



If you have a series of slips:

- 1. Stay calm.** If you get anxious or start to blame yourself, things may get worse. You may get worked up and feel like giving up. Stay calm. Know that one slip or a series of slips does not mean failure.
- 2. Analyze the situation.** Instead of blaming yourself for a series of slips, learn what placed you at risk. Was it certain feelings or the presence of food, other people eating, or other activities? What thoughts did you have?
- 3. Take charge immediately.** Leap into action with alternative activities. Leave the house, put the rest of the food in the disposal, go for a walk, or do whatever works for you.
- 4. Ask for help.** Use your social support network. If you would like support during slips, don't be shy about asking for help! You can also reread this manual for motivation and support.
- 5. Renew your weight-loss commitment.** Remind yourself how far you've come and the progress you've made. One slip does not reverse all your hard work! Restate your program goals and renew the vows you made at the start of this program.

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____

Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Reasons for participating in a weight management program can change over time. Reflect on why you started the MOVE! Program and write down what matters most to you now.



“Veterans should know that MOVE! focuses on them as individuals.”

Nobody will ridicule them if they don't reach their weight goal; instead, they'll get a lot of help and support.”

– Stephen, lost 36 pounds

Module Summary

Recognizing a Slip

You are making positive lifelong changes in this program! Slipping from your healthy lifestyle plans is a normal part of the process of making these positive changes. Catch yourself when you slip or are about to slip. Stop what you are doing and take a look at the situation. What is happening? Why is the slip starting?

“Don’t get discouraged by the number on the scale. Keep going!”

– Darryl, lost 53 pounds

Handling Slips

To be successful in this program, it’s important to make a plan to get back on your feet after a slip. Slips are a normal part of making lifestyle changes. However, ignoring these slips or not addressing them can cause you to relapse, or to fall back into your old eating and activity habits.

Preventing Relapse

The good news is that a slip does not have to end in a relapse. To prevent a relapse, follow the five steps after a slip:

1. Stay calm
2. Analyze the situation
3. Take charge immediately
4. Ask for help
5. Renew your weight loss vows

Learning to handle slips and prevent relapses will help you enjoy continued success with your new eating and activity goals!

A slip does not always lead to a relapse.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider how you can plan for slips and respond in a productive way to get back on track.
4. Review Module 13 in preparation for your next meeting.

Notes:



MODULE THIRTEEN

Dining Out Successfully



How can I dine out successfully?

To eat wisely when you're away from home, it is important to recognize your personal high-risk situations. Situations that interrupt your normal routine—like traveling, holidays, or eating at restaurants—may cause you to slip in your eating or activity patterns. These are called high-risk situations. Your family, friends or co-workers may unintentionally create high-risk unhealthy eating situations for you. Many people don't understand how difficult it can be to eat healthfully on a consistent, ongoing basis.

“I plan ahead for situations out of my control like picnics or parties. I want to enjoy the event while also sticking to my healthy eating plan.”

— Joe, lost 40 pounds

To maintain your new healthy lifestyle, it's important to learn how to handle these high-risk situations. Once you know which situations are challenging for you, you can either avoid them or make a plan to handle these situations. Predicting and preparing for these situations will help you prevent slips. Try to stay focused on your goals when faced with unhealthy influences.

In This Module You Will:

1. Identify your high-risk, unhealthy eating situations.
2. Make a plan to cope with high-risk situations that may trigger unhealthy eating.
3. Learn how to make healthier choices when eating out.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Plan for High-Risk Situations

To dine out successfully, it is important to know yourself and what situations are tempting for you. Once you identify these situations, you can either avoid them or plan ahead for how you will deal with them. *Here are some tips on how to do that.*

Let's review an example where going to a party may be a high-risk situation for you. If you don't want to avoid the party, *here are some ways you can cope:*

- Eat something before the event so you aren't starving when you arrive.
- Bring a healthy dish to share. At least you'll have one healthy choice!
- Use your assertive skills to pass and say "no" when offered food you don't want.
- Instead of high-calorie drinks, enjoy a cup of coffee, tea, or water.
- Do more socializing than eating; enjoy the time spent with friends or getting to know someone new.

Making a Personal Plan

Think about your high-risk situations and how you normally respond to them. Now make a plan to better cope with these situations in the future. *Write down your plan.*

Your 3 High-Risk Situations	Your Usual Response	A Better Way to Manage in the Future
1.		
2.		
3.		

Restaurant Eating

Eating out may seem like a challenge when trying to be healthy. However, you can learn to enjoy a restaurant meal without overeating. You can also learn how to find lower fat/calorie choices at restaurants, even fast food restaurants. Here are some keys to healthy eating out.



Before Eating Out: Make a Plan

- Call restaurants and ask about low-fat, low-calorie choices or look at the menu online.
- Pick restaurants that offer a variety of healthy options. Avoid buffets and all-you-can-eat restaurants.
- Eat less fat and fewer calories at other meals on the day you eat out.
- Eat something small before you go or have a large, low-calorie drink.
- Don't drink alcohol before eating.

While Eating Out: Ask for What You Want

Ask if foods can be cooked differently, like baked or grilled instead of fried. Don't be afraid to ask for foods that aren't on the menu.

- Before ordering, ask how much food is usually served.
- Order dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Skip the chip or bread basket.
- Order a small size (appetizer, lunch portion, children's or senior's portion).
- Order à la carte, mixing healthy side orders to make a great meal.
- Eat a smaller portion by splitting your order with a family member or friend.
- Ask your server to put half of your order in a take-home container before the other half is served to you. *Be sure to refrigerate perishable food within 2 hours!*

Which of the tips you learned on the previous page will you use the next time you eat out?

Fast Food Alternatives

You can make lower fat choices at many types of restaurants. By making careful menu selections and paying attention to menu descriptions, you can find healthier options. **Test your skills at selecting low-fat, low-calorie options in the following fast food challenges!**

Burger Challenge:

Using the menu below, build a meal that is less than 600 calories and less than 28 grams of fat.

 BURGER Menu			
Burgers		Fat (g)	Calories
Hamburger (single)	9	250	
Cheeseburger (single)	12	300	
Double cheeseburger	23	440	
Bacon cheeseburger	22	380	
¼ pound hamburger	19	410	
¼ pound cheeseburger	26	510	
Sandwiches and Wraps			
Crispy chicken sandwich	41	670	
Grilled chicken sandwich	11	430	
Fish sandwich	18	380	
Grilled chicken wrap	10	270	
Chicken			
6-piece chicken nugget	17	280	
3-piece chicken tender	24	400	
Sides		Fat (g)	Calories
Small French fries	11	230	
Medium French fries	19	380	
Side salad	0	20	
Baked potato	3	310	
Salads			
Caesar salad	4	90	
Caesar salad with crispy chicken	17	330	
Caesar salad with grilled chicken	6	330	
Drinks and Desserts			
Medium cola	0	210	
Medium diet cola	0	0	
Medium iced tea	0	0	
Large coffee	0	0	
Hot fudge sundae	10	330	



Hannah's How-To Make a Healthy Swap

“Ask your server:

- Can I have this baked/steamed/broiled/grilled instead of fried?
- Can I have extra veggies on my sandwich instead of cheese?
- Can I have the dressing/sauce/gravy/sour cream/butter on the side?
- Can I have a baked potato instead of fries?
- Can I have a salad instead of coleslaw?
- Can I have fruit instead of dessert?”

Taco Challenge:

Using the menu below, build a meal that is less than 600 calories and less than 28 grams of fat.

TACO Menu		Burritos		Fat (g)	Calories
Tacos		Fat (g)	Calories		
Crunchy beef taco	10	170	Bean burrito	10	370
Soft beef taco	10	270	Chicken burrito supreme	12	390
Soft chicken taco	8	200	Steak burrito supreme	12	380
Crunchy beef taco supreme	12	200	7-layer burrito	18	510
Soft beef taco supreme	11	240			
Quesadilla					
Chicken quesadilla	28	520	Fresh Menu		
Steak quesadilla	28	510	Crunchy beef taco	7	150
Taco Salad			Soft beef taco	7	180
Southwest taco salad	41	770	Chicken burrito supreme	8	340
Steak taco salad	57	900			
Sides			Drinks and Desserts		
Chips and salsa	11	240	Medium cola	0	210
Nachos	21	330	Medium diet cola	0	0
			Medium iced tea	0	0
			Large coffee	0	0
			Apple turnover	15	310

Chicken Challenge:

Using the menu below, build a meal that is less than 600 calories and less than 28 grams of fat.



CHICKEN Menu

Entrees

	Fat (g)	Calories
Crispy chicken breast	15	320
Crispy chicken breast, no skin	3	150
Crispy chicken drumstick	7	120
Crispy chicken thigh	15	220
Grilled chicken breast	6	190
Grilled chicken drumstick	4	70
Grilled chicken thigh	9	150
Grilled chicken sandwich	4	300
Chicken club sandwich	12	410
Grilled chicken wrap	13	340
Grilled market salad	5	200
Chicken nuggets, 8-piece	13	270
Chicken strips, 4-piece	24	500

Sides

	Fat (g)	Calories
Mashed potatoes with gravy	4	120
Macaroni and cheese	6	170
Corn on the cob	0.5	70
BBQ baked beans	1.5	230
Green beans	0	25
Coleslaw	10	170
Biscuit	10	190

Drinks and Desserts

	Fat (g)	Calories
Medium cola	0	210
Medium diet cola	0	0
Medium iced tea	0	0
Large coffee	0	0
Apple turnover	15	310



Teresa's Tips

"Look for these low-fat words and avoid these high-fat words when ordering off a restaurant menu."

Low-Fat Words

- | | |
|-----------|--------------|
| • Baked | • Poached |
| • Boiled | • Roasted |
| • Broiled | • Steamed |
| • Grilled | • Stir-fried |

High-Fat Words

- | | |
|------------------|---|
| • Alfredo | • Buttered or buttery |
| • Au gratin | • Cheese sauce or cheesy |
| • Breaded | • Creamed or creamy |
| • Gravy | • Escalloped or scalloped |
| • Pastry | • Fried, deep-fried, batter-fried, or pan fried |
| • Rich | • Hollandaise |
| • Southern Style | |

Takeout Tricks

Make your takeout order work for you by making smart choices and small changes to your favorite pizza or Asian-inspired dish.

Asian-Inspired Takeout

- Look for veggies: Pick dishes that highlight veggies, like chicken and broccoli or a vegetable stir-fry. Be mindful the type of sauce used.
- Try steamed foods: Many foods can be steamed rather than fried. Steamed dumplings and rice are lower in saturated fat than the fried versions.
- Adjust your order: Most restaurants are happy to accommodate your requests. Ask that your food be cooked with less oil or half the sauce.
- Add sauces sparingly: Sodium in soy sauce and calories from added sugars in duck and teriyaki sauces can add up quickly, so be mindful of how much you use.

Ordering Pizza

- Select a thin crust option.
- Ask for half the cheese or low-fat cheese.
- Throw on the veggies: Add all your favorite veggies like onions, green peppers, and mushrooms.
- Use meat toppings sparingly: Meats like pepperoni and sausage are high in fat and calories.

“Things like not meeting in eating places and drinking lots of water really work for me—it keeps me feeling full.”

– Robert, lost 50 pounds



Social Eating

Eating with others can sometimes make healthy eating difficult because of the abundance of food or limited meal options. There are ways to manage eating with others that will keep you on the right track. Let others know you are eating healthier and ask for their support. Try to order your meal first so you're not tempted by what other people choose.

Special Occasion Eating and Social Events

Special occasions such as parties, celebrations, or holiday meals can make it challenging to eat wisely. Strive to make celebrations fun, healthy, and active. Holidays can be a challenging time of the year. They are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

Follow these tips to help you eat healthy at your next celebration. Notice that some of these strategies are similar to what you might use when dining out.

Be Prepared	Make Healthy Habits Part of Your Celebration
<ul style="list-style-type: none"> • Eat a small meal or snack before your celebration to prevent overeating. • Bring a healthy dish to the party so you know there will be at least one healthy option. • Practice saying “No, thank you.” • Chew gum or have a mint. 	<ul style="list-style-type: none"> • Fill up on water or other low-calorie beverages. • Let “My Healthy Plate” be your guide. • Focus on activities that get you moving and having fun with friends and family. • Stay away from the buffet. • Avoid drinking alcoholic beverages. They contain empty calories and make it harder for you to avoid temptation.
Don't Deny Yourself	Focus on the People, Not the Food
<ul style="list-style-type: none"> • Go ahead and have a taste of special foods but limit your portion sizes. • Take time to pay attention to each bite of food. • Choose low-calorie munchies, such as crunchy vegetables, fruit kabobs, and fresh salads. 	<ul style="list-style-type: none"> • Focus on the conversation and having a good time. • Be a leader for healthy habits for adults and children! • Make exercise a part of the fun.

How will you prepare to eat healthy for your next social occasion?



After Eating Out

If you overate despite all your efforts, use it as a learning experience.

After Eating Out: Follow Up

- Resisting foods in social situations is hard. If you overate, it doesn't mean you are back at square one. Reflect on your progress. Remember your purpose.
- It can take many steps to reach the top of a mountain, and a few slips and stumbles along the way **does not** mean that you won't reach your destination!
- However, make a plan to get back on track immediately.
- Identify "triggers" that led to overeating. Write these triggers down.
- Come up with strategies to better manage these triggers in the future.
- Be kind to yourself. Stay calm and listen to your positive self-talk or rethink your negative thoughts. If you use your experience as a learning opportunity, you will succeed.

Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

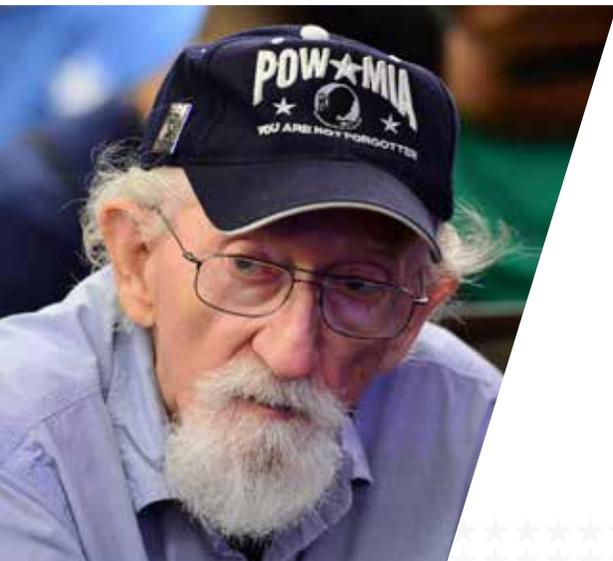
Healthy Eating:

I will _____

Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?



“If I go out to eat, I will order lower carb options. I stay away from most fried foods and breading.”

– Joseph, lost 180 pounds

Module Summary

Plan for High-Risk Situations

Planning for high-risk situations can help you maintain the healthy eating patterns that you have established over the course of MOVE!. It is important to know yourself and recognize situations when you may be prone to overeating or eating unhealthy foods, such as dining out or going to celebrations. The good news is there are many ways you can help yourself stick to a healthy eating plan and still enjoy those special occasions.

Dining Out Successfully

Dining out is often a necessity in a busy life, but there are ways that you can choose healthier menu items to help you stick to your daily calorie goal. Read the menu carefully and look for options that are grilled, baked, or broiled, and stay away from deep-fried and breaded items. With a greater emphasis on healthy eating, many restaurants and fast food places are offering lower carb, lower calorie foods. Look for calorie (or nutrient) information at your favorite dining locations; many have them available now.

Social Eating

Frequently special occasions, holidays, and gatherings are brought together around food, but food does not have to be the focus. You can pay more attention to your family and friends, conversations, and having fun rather than the food. During the holidays, think about small changes you can make to your family recipes to create healthier options of your favorite foods. Let your family and friends know you are eating healthier foods and ask for their support in your efforts.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider how you can eat wisely while dining out or when eating at social occasions.
4. Review Module 14 in preparation for your next meeting.



MODULE FOURTEEN



How do I manage stress?

Stress is a common part of life. Everyone experiences periods of high stress. Prolonged high stress can cause high blood pressure, a weakened immune system, heart disease, and digestive problems. Headaches, depression, irritability, and low energy are other common symptoms. While stress is a natural response that serves us well in the short term, there are things we can do to help our bodies recover.

“I feel better, think more clearly, and have less stress. And I’m having much more fun than I did before—I’m getting out, going to the movies, meeting friends, and laughing a lot.”

– Henry, lost 74 pounds

You can learn ways to manage your stress more effectively. Techniques like relaxation practice, increasing physical activity, or changing your thoughts in response to stress can help you lower your stress and improve your readiness to respond in stressful situations. You can learn to deal with stress more easily when it arises. It might help to remember that you cannot always control the causes of stress, but you can control the way you react to it.

In This Module You Will:

1. Think about stressful situations and plan how to cope with them.
2. Learn how to practice a variety of stress management techniques.
3. Recognize how to find and ask for support.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Keys to Managing Your Stress

1. *Track Your Stress*

Stress affects everybody differently. By regularly monitoring and tracking your stress, you raise your awareness of the ways you experience stress and get a better sense of your natural stress level. Knowing how your body reacts to stress will help alert you when your stress level is rising.



2. *Identify the Sources of Your Stress*

Knowing the sources of your stress is critical. After you have an idea of the things that cause your stress, you can develop a plan for dealing with each of them.

3. *Practice Mindfulness Regularly*

Mindfulness is a way to be fully aware in the present moment of physical sensations, emotions, and thoughts, but without judging them. Regular daily practice of stress management techniques will allow you to deal with your stress in a healthier way. Mindfulness-Based Stress Reduction techniques have been proven to reduce stress and stress-related conditions in Veterans. They can reduce anxiety, improve attention and memory, and help manage chronic pain. These techniques center on being fully aware in the present moment without judgment.

4. *Be Physically Active*

Physical activity is one of the most effective stress management techniques. Physical activity increases endorphins, improves sleep, raises self-esteem, and releases muscle tension. While moderate physical activity is good for stress management, overly vigorous activity can actually contribute to stress levels. If you are going to exercise to help relieve stress, do so at an intensity level that is comfortable for you.

5. *Practice Deep Breathing*

It's one of the fastest ways to deal with stress in the moment. Use deep breathing to gain control over stress, anxiety, and panic. It is also effective for managing depression and emotional responses, and can even be helpful for some medical conditions.

6. *Plan Pleasant Activities*

Research has shown that the things we do affect the way we feel. When you spend time in activities that you find relaxing, enjoyable, or just plain fun, you tend to feel less distressed and happier. For many people, life demands seem to replace pleasant activities. If you notice this happening to you, it's time to plan for positive time.

What Are My Stressors?

Use this activity to identify your current stressors. Here are some examples of things that may cause stress. **Check off the ones that apply to you or write your own on the blank lines.**

- | | |
|--|---|
| <input type="checkbox"/> Changing jobs/promotion | <input type="checkbox"/> Traffic to/from work |
| <input type="checkbox"/> Conflict with family | <input type="checkbox"/> Travel/vacation/holidays |
| <input type="checkbox"/> Keeping healthy | <input type="checkbox"/> Upcoming wedding |
| <input type="checkbox"/> Lack of confidence | <input type="checkbox"/> Climate change |
| <input type="checkbox"/> Loneliness | <input type="checkbox"/> World economy |
| <input type="checkbox"/> Money worries | <input type="checkbox"/> War/terrorism |
| <input type="checkbox"/> Pain/fatigue | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Planning for retirement | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Public speaking | <input type="checkbox"/> _____ |

Now, review your list of stressors, and for each item indicate whether or not you have control over it by listing it in the appropriate box.

Control	Do Not Control

1. Take some time to address the stressors that you feel **you do have** at least some control over.
2. Practice stress management techniques for the stressors that **you do not** control. You might also avoid these stressors or limit exposure to them. If you can't avoid them, practicing deep breathing when you interact with them may limit your stress response.



Hannah's How-To *Deep Breathing Exercise*

1. Start by sitting down in a comfortable place that's free from distraction. Uncross your legs, put both feet on the floor, and rest your hands in your lap. Pay attention to how this position feels and let your mind and body just "be" for a few moments.
2. Close your eyes and notice the pattern of your breath as you inhale and exhale. It may be soft or loud, slow or quick, or shallow or deep. Make a mental note of your breath before you start relaxing with deep breathing. Just breathe naturally for a few moments, taking slow and deep breaths in through your nose and then breathing out through your mouth.
3. Now hold your breath for 5 seconds after you inhale, and for another 5 seconds after you exhale. Continue breathing in this rhythm for a few moments.
4. Breathe naturally for a moment. Now place both of your hands on top of your stomach and notice how your belly rises with each inhale and falls with each exhale. Notice your breath moving in and out again from your belly, to your chest, and gently out through your mouth. Continue breathing naturally.
5. This time say, "Relax" silently or aloud after each time you exhale.
6. Repeat this exercise for 1 to 5 minutes."

Mindfulness

Mindfulness means being fully aware of what is going on within and around you at any given moment. Mindfulness can be applied to many aspects of life. Being mindful of your eating may help with weight management. Being mindful involves being aware of yourself and your surroundings physically, emotionally, and mentally. It means paying attention each changing moment.



Teresa's Tips

- "Mindful eating takes the concept of mindfulness and applies it to what, where, when, why, and how you eat. This means being aware of the physical and emotional feelings connected to eating.
- Observe your body. Notice hunger and fullness signals that guide you to start and stop eating.
 - Don't judge yourself or your reaction to food.
 - Notice your reaction to food. What do you like, what don't you like?
 - Savor your food. While eating, notice all of the colors, smells, flavors, and textures of food. Slow down while you eat.

Mindfulness may help you to avoid overeating. First bites may be the most satisfying and additional bites may not be as pleasurable. This can help with portion control."

Mindfulness-Based Stress Reduction Techniques

Here are six different techniques you can practice to help reduce your stress.

Mindfulness Meditation

The intention of Mindfulness Meditation is to be fully aware of what is going on in the present moment without any judgment.

Compassion Meditation

This meditation can lower stress and stress hormone levels and raise self-esteem. You can improve self-compassion by working on rethinking unhelpful thoughts and by practicing this meditation.

Body Scan Meditation

This meditation is deeply relaxing and can help you become more accepting of areas of pain or discomfort.

Mindful Eating Exercise

This exercise helps you to practice mindfulness with something you do every day: eating. You will learn how to increase your awareness while eating, which can increase mindfulness and improve your eating habits overall.

Progressive Muscle Relaxation

This exercise can help you become aware of muscle tension so you can release it when needed.

Mindfulness Circle

This image will help you return to mindful awareness throughout your day.

Which of these six techniques sound interesting to you and like something you might try?



Hannah's How-To *Mindfulness Meditation*

"To anchor yourself in the present, focus on your breath as you inhale and exhale. Breathing mindfully does not involve a conscious changing of your breath."

1. Set aside a 1- to 5-minute period of time, and tell yourself that you will not engage your thoughts during that time. As thoughts pop up, just notice them and let them go.
2. As you notice your mind thinking about things, try to let those thoughts go without judging them and return your attention to the experience of breathing. The point is not to stop having thoughts. The point of this meditation is to become more aware of your thoughts without automatically engaging them.

If focusing on your breath does not work to bring you into the present moment, you can focus on anything in the present, such as sounds, a picture you like, or a candle flame, so long as you don't have to think about it."



Hannah's How-To *Compassion Meditation*

- "*
1. First, take a few deep, cleansing breaths and ground yourself in the present.
 2. As you breathe deeply, focus on your heart and visualize softness, warmth, and compassion glowing in your chest. Repeat these phrases to yourself: *"May I be happy. May I be well. May I be safe. May I be peaceful and at ease."*
 3. After a minute or two, visualize extending this energy to include somebody you care deeply about. Now repeat the phrases, filling in the person's name. For example, *"May my spouse be happy. May my spouse be well. May my spouse . . ."*
 4. Next, visualize extending the energy to somebody you feel neutrally about. Repeat the phrases with his or her name. For example, *"May the cashier at the store be happy. May the cashier be well. May the cashier . . ."*
 5. Now extend the energy to somebody for whom you have negative feelings. Repeat the phrases with his or her name.
 6. Finally, visualize extending this energy to the rest of the world.
 7. As you become comfortable with this practice, try extending the length of time you spend at each stage, increasing the overall time spent on the meditation."



Hannah's How-To Body Scan Meditation

"The Body Scan Meditation can help you become more accepting of areas of pain or discomfort and not tense in response to them, which can make the discomfort worse."

To practice the Body Scan Meditation, get into a comfortable position. You might lie down on the floor or in bed with a pillow under your head. Take a few deep, grounding breaths and gently bring your awareness to the present.

1. Pay attention to a specific body part, such as your left foot. As you breathe deeply, scan that part of your body for sensations. Notice these sensations, but try not to get lost in thought. Gradually let your focus move to different body parts — each leg, your hips, stomach, chest, hands, arms, and head.
2. Practice mindfulness meditation with your focus on your body. Become aware of your mind's tendency to get lost in thought. When you notice this happening, just let the thought go and gently redirect your attention back to your body. Try not to engage in the content of the thoughts.

If you have any pain or discomfort, just notice it, accept it, and continue scanning. Continue to scan each part of your body in this way until you have scanned your whole body."



Hannah's How-To Mindful Eating Exercise

"Mindful eating is an ongoing practice, but it starts with three simple steps."

1. Become aware of the physical characteristics of food. Make each bite a mindful bite. Think of your mouth as being a magnifying glass, able to zoom in. Imagine magnifying each bite 100%. Pay close attention to your senses. Use your tongue to feel the texture of your food. Take a whiff of the aroma. Ask yourself, *"How does it really taste? Is this something I really want? Does it satisfy my taste buds? Is my mind truly present when I take a bite so that I experience it fully?"*
2. Become aware of repetitive habits and the process of eating. Notice how you eat. Fast? Slow? Do you put your fork down between bites? Are you stuck in any mindless habits, such as eating a snack at the same time each day, multi-tasking while you eat, or eating the same foods over and over? Ask yourself the following questions: *"Do I have any ingrained habits concerning how I snack? When I pick up my fork, what stands in the way of eating wisely?"*
3. Become aware of mindless eating triggers. Look for specific cues that prompt you to start and stop eating. Is your kitchen a hot spot for snacking? Do feelings such as stress, discomfort, or boredom lead to a food binge? Become an expert on the emotional buttons that trigger you to eat when you aren't physically hungry. Ask yourself, *"What am I feeling right before I mindlessly snack? Is my environment, emotional state, or dining companion helping or hurting my efforts to eat wisely?"*



Hannah's How-To Progressive Muscle Relaxation

“Progressive Muscle Relaxation exercises can help you recognize when your muscles are tense and teach you how to return your muscles to a relaxed state.”

1. Breathe normally and let your body just “be.” Take note of how your body feels from your toes to your head. Does any of your body feel tense, stiff, or achy?
2. Close your eyes and notice how your toes feel. Tightly curl your toes to the point where you feel tension, as if trying to squeeze a small ball between your toes and the ball of your feet. Hold this toe curl for 10 seconds. Release your curl and let your toes spread. Notice how your toes feel when they are free from tension.
3. Next, repeat this cycle of tensing and relaxing with your calves. Next, do your thighs. Move up the body. Repeat with your hands, then arms, and then the muscles of your upper back and shoulders. Finally, tense and relax your neck and face
4. After you complete tensing and relaxing each muscle in the body, breathe in through your nose and hold your breath for 5 seconds. Slowly and gently breathe out through your mouth. Open your eyes and notice how your muscles—your feet, calves, thighs, fists, arms, upper back, neck, and face—feel when relaxed.”

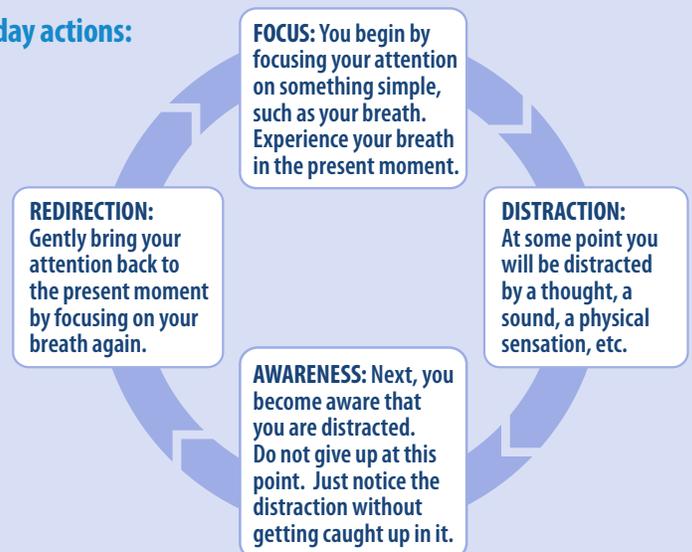


Hannah's How-To Mindfulness Circle

“Mindfulness practice doesn’t have to be limited to focusing on your breath. You can do almost anything mindfully. Try practicing mindfulness with one of the activities below or one of your own. Be aware of your breath, senses, thoughts, and feelings as you perform the activity. Consider your posture, your mood, how quickly you move, what is going on around you, and your level of tension.”

Try being mindful while doing these everyday actions:

- Washing hands
- Stopping at a red light
- Looking at a clock or your watch
- Washing dishes
- Brushing your teeth
- Taking a shower
- Dressing and undressing
- Walking”



Maximize Your Support System



Tom's Toolkit

"Social Support is a great tool to use for weight loss. Share your successes as well as your struggles with your support team. Letting other people know your goals can help keep you accountable for meeting them. Friends and family members can help keep you motivated or assist you during tempting situations like social gatherings. It may also be important to share your weight-loss journey and the things you learn with those that live with you. For example, if you know late-night snacking is a concern for you, and you would rather not have snacks in the house, share this with the person who does the household grocery shopping. This way it can be a team effort and everyone can start to eat healthier together."

Who Could Support Me?

Surround yourself with positive people and ask them for encouragement. Choose people that will act as good cheerleaders during this process. Be sure to let them know how important their support is for your success.

How Can I Ask for Support?

Your supporters care about you and want you to be well. Tell your supporters what they can do to help and be specific. For example, "Every week or so, ask me how I am doing," or "Please don't offer me junk food." Also, consider sharing some of the information you have learned in MOVE! so they can eat healthy and be active with you.

Who Could Support Me?	How Could They Support Me?

"Everyone has helped me stay on track—VA staff, family, friends. It amazed me each week how many people wanted to read my weekly status reports on social media. I was amazed how many words of encouragement I received...the response was tremendous."

– John, lost 213 pounds



Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

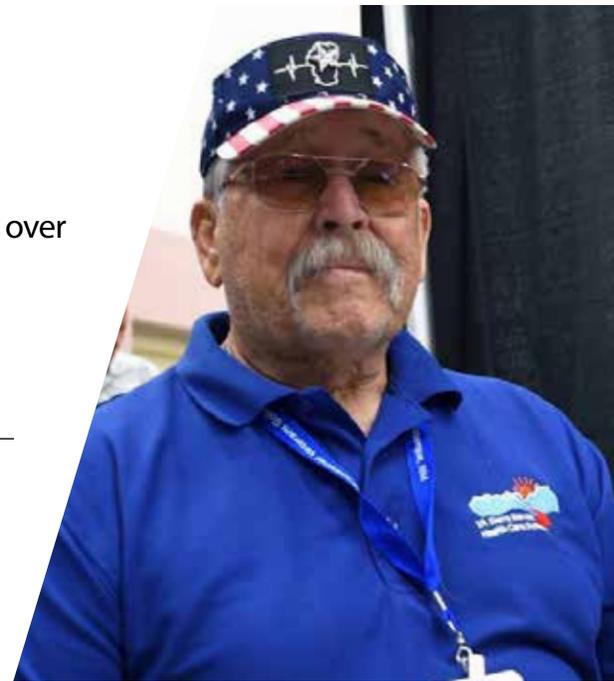
I will _____

Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Reasons for participating in a weight management program can change over time. Reflect on why you started the MOVE! Program and write down what matters most to you now?



“One of the hardest things for me to do was to slow down when eating and enjoy every bite. I feel good now and don’t want to gain the weight back—and that keeps me moving.”

– James, lost 43 pounds

Module Summary

Managing Stress

Stress is a normal part of living, but you can reduce the stress you feel by recognizing your stressors and responding in a positive way. There are many healthy living activities that can help you better manage your stress. Eating wisely and being physically active are great ways to prevent or reduce stress. Also, practice your problem-solving skills to develop resilience (see Module 8). Rethinking unhelpful thoughts is another way to manage your reaction to stressful situations (see Module 6).

“The biggest take away from the MOVE! program is that you aren’t alone. There are lots of Veterans who have the same struggle, and it doesn’t make us weak or less of a person to ask for help.”

– Amber, lost 92 pounds

Mindfulness-Based Stress Reduction

Practice mindfulness by bringing yourself fully into the present to experience each situation. Use the six stress-reduction techniques described in this module at least once a day. Practicing mindfulness is like building a muscle; you must exercise it regularly to see growth.

Social Support

Support from family and friends is an integral part of the weight-loss process. Having someone in your corner can help keep you motivated, stick to your goals, and manage the lifestyle changes you are making in MOVE! Consider who in your life could support you during this process, what kind of support they could provide, and how you might ask them for it.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider ways you can manage stress during your weight-loss journey. Practice the relaxation and stress reduction techniques.
4. Review additional resources:
 - a. Manage Stress Healthy Living Message: https://www.prevention.va.gov/Healthy_Living/Manage_Stress.asp
 - b. Managing Stress Video: <https://www.youtube.com/watch?v=15GaKTP0gFE>
5. Review Module 15 in preparation for your next meeting.

Notes:



MODULE FIFTEEN



How can I be more physically active and stay motivated?

Now that you have been physically active for several weeks and have been progressing your physical activity, we will review some ways you can fine tune your activity. Fine tuning means you have identified at least a few activities that you enjoy doing and can do on a regular basis. At this point, you are working toward building physical activity into your daily routine.

“I enjoy life, and do something active every day. Now, I walk with my friends from VA every Tuesday, and sometimes we ride bikes and fish. It’s nice bonding time.”

– Walter, lost 184 pounds

As you hone your physical activity routine, it is important to consider tips and strategies to stay safe while exercising. You may also have questions about being physically active while managing chronic health conditions or chronic pain. Most Veterans will benefit from being physically active and rarely are there activities that are “off-limits.” It is important to work with your MOVE! team to identify the activities that will benefit you the most and may even reduce some of your pain symptoms.

In This Module You Will:

1. Learn how to refine your physical activity plan.
2. Identify ways to cope with chronic conditions or pain while still being active.
3. Learn how to stay motivated to be active.

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

How Active Am I?

Reflect on your current physical activity plan.

Target Activity Level	Current Activity Level
Be active at least 5 days per week	I am active _____ days per week.
Be active for at least 10 minutes at a time	I am active for at least _____ minutes at a time.
Do strengthening activities at least 2 days per week	I do strengthening activities _____ days per week.
Do 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity per week	I do _____ minutes of _____-intensity activity per week.

What have you changed about your physical activity?

How have you made physical activity a part of your daily routine?



What kind of increases can you make to your physical activity routine?

Fine Tuning Your Physical Activity



Teresa's Tips
Be Safe

“When exercising outdoors, it is important to be safe. Bring identification, emergency contact, and illness and medication information with you. Let someone know where you are going and how long you will be gone. Carry your cell phone if you have one. Take a familiar route. Be active in public places—avoid isolated trails, paths, and poorly lit areas. Consider exercising with a buddy. Wear comfortable fitting socks and shoes and brightly colored or reflective clothing.”

Tips for Warm and Cold Weather Activity

Warm Weather	Cold Weather
<ul style="list-style-type: none"> • Exercise in the early morning or after the sun sets. • Take frequent rest and water breaks. • Choose water or a low-calorie sport drink. • Avoid beverages with alcohol or caffeine because they can cause dehydration. • Wear light, loose-fitting clothing made of breathable fabrics. • Reduce your speed or distance as needed. • Exercise indoors during ozone alerts, extreme heat, and very high humidity. • Use sunscreen, hats, and sunglasses. 	<ul style="list-style-type: none"> • Dress in layers. Start with a synthetic material—it will draw the sweat away from your body and dry quickly. Then layer with wool or cotton to soak up moisture. Your final layer should help keep out the cold air or rain—something lightweight and wind/waterproof. • Wear a hat to avoid losing heat through your head. • Protect your feet with socks to keep them warm and dry. • Choose mittens over gloves so your fingers can warm each other.
<ul style="list-style-type: none"> • Drink plenty of water—you can become dehydrated in warm or cold weather. Drink water before you go out and bring some with you. • Pay attention to your body—if you start to feel overheated or too cold, go back indoors. 	

**Hannah's How-To
Find the Right Fit**

- “Whatever the activity, wearing the right kind of shoes is very important for your comfort and safety.**
- **Shop around for various styles and brands. Ask the salesperson to assist you in choosing the shoe best suited for your chosen activity.**
 - **If possible, go to an athletic store and be fitted for shoes that are appropriate for your width, arches, and gait.**
 - **When trying on new shoes, wear the kind of socks you will wear when you are active. Wear cotton socks or athletic socks.**
 - **Your feet swell slightly during activity and at the end of the day. Shop for new shoes right after you have been active or at the end of the day.**
 - **Walk around when trying on shoes. There is no need to break in athletic shoes. They should feel comfortable right away.**
 - **There should be one thumb's width of space between your longest toe and the end of the shoe.**
 - **The heel should not pinch or slip when you walk.**
 - **The shoes should bend easily at the ball of your feet just behind your toes.**
 - **After exercising check your feet for any sores, cuts, or blisters. Tell your primary care team if these don't heal.**
 - **Replace your shoes when the soles (bottom) are worn or slick. If the insoles (inside cushions) are worn, but the rest of the shoe is still in good shape, you can replace just the insoles.**
 - **If you are walking regularly to manage your weight, you may need to replace athletic shoes frequently. Many runners replace their athletic shoes every 3–6 months.”**

Being Physically Active with Chronic Conditions

Veterans who experience chronic conditions like arthritis or low back pain or who have physical limitations can still benefit from moving more. As you begin to fine tune your physical activity, it is important to recognize the activities you should limit and those you should do more of to improve your health and your condition. Physical activity **almost always helps improve** medical conditions. It is wise to reduce activity if your condition worsens. Many Veterans can begin mild or moderate intensity exercise **safely** without having a check-up.

Condition	LIMIT these Activities	DO MORE of these Activities
Arthritis of Hip or Knee	Any high-repetition, high-resistance or high-impact activity. Weight-bearing activities: <ol style="list-style-type: none"> 1. Jogging 2. Stair climbing 3. High-impact cardio 	Chair exercises Outdoor or stationary cycling Swimming, water aerobics, water walking Elliptical machines Rowing machines
Osteoporosis	Bending forward at the waist <ol style="list-style-type: none"> 1. Sit-ups or crunches 	Strength training to help reduce bone loss and strengthen muscles
Low Back Pain	High-impact activities that involve running or jumping	Chair exercises Walking Slow jogging Outdoor or stationary cycling Swimming, water aerobics, water walking Elliptical machines Rowing machines Core strengthening exercises
Lower Extremity Amputation	No limitations with proper prosthesis. Running, sprinting, and swimming will require special adaptations.	With proper prosthesis, no activities are limited. As you lose weight, your prosthesis may need to be adjusted.
Stroke or Spinal Cord Injury	This will vary based on your function and abilities.	Ask for a referral to a physical therapist or kinesiologist for an individualized activity plan.
Balance Problems	Unassisted walking Outdoor cycling Jumping or side-to-side motion	Chair exercises Stationary cycling Walking on treadmill with handrail Other fitness machines with handles or grips Swimming, water aerobics, water walking Referral to exercise specialist for moderate-to-severe problems.

Chronic Pain and Weight

Many Veterans experience chronic pain. Being in chronic pain can lead to: 1) Reduced activity or movement, 2) Decreased ability to shop and prepare healthy meals, and 3) Depression and anxiety, contributing to isolation and poor sleep. If you have chronic pain, increasing movement can be challenging. However, regular physical activity often **improves chronic pain**. It may sometimes take a few weeks to begin to see a benefit.



Research has shown:

- Weight loss can improve function and decrease pain.
- Increasing activity and healthy behaviors improves function and can reduce pain regardless of weight loss.
- Increasing healthy behaviors and activity can also improve cardiovascular health and conditions like diabetes and sleep apnea.

Dealing with chronic pain can be a significant barrier to being physically active but there are things you can do to manage your pain!

Retrain the Brain

Our brain is a fierce protector of our bodies. Pain is only one way our brains take action to protect against actual or potential dangers. With chronic pain, the brain might produce pain even when there is no actual threat. Over time, we may start to believe that movement is dangerous because it hurts when we move. Exercise works best when you can reduce the threat value of movement. By gradually showing the brain that movement is helpful and not harmful, activity can increase over time. Sometimes this requires that we say, "It may hurt, but that doesn't mean that it's doing harm."



Smart Alex

"When the nervous system lives with pain for a long time, it becomes "sensitized." This means that your "warning bells" go off even though no actual tissue damage is occurring. The key to managing this is to find a level of activity you can maintain without the alarms getting louder. Research shows that when people understand the role of the brain and the nervous system in the production of pain, they move more, are less depressed, and experience less pain."

Pace Your Way to Success

The best way to ensure success with exercise is to pace yourself. First determine how many minutes you can move before pain becomes louder, (“Can I walk 10 minutes without increasing my pain?”), then start the first few sessions at 20% less than your limit (8 minutes). Increase your total walking time by 10% (or 1 minute) each week. This is called graded exercise and is proven to be the best way to exercise when you have chronic pain.



It is also important to stretch. When pain is present longer than we expect, muscles can become “overprotective” and start to tighten even at the thought of movement. You can improve your flexibility by starting slowly and listening to your body. Practice slow movements that keep you feeling safe. Explore boundaries and breathe while you move.

If you think your pain may keep you from physical activity, talk with your health care team.



Smart Alex

“Soreness and cramps are signs that your muscles are adjusting to new activity. You can fight muscle soreness and cramps by gradually increasing how often, how hard, and how long you are active. Wear socks and shoes that are comfortable and made for physical activity. Warm up before, and cool down after each activity. Pain-relief creams, ice, or a heating pad may offer some relief. Do some gentle activity to keep sore muscles moving. Doing no activity will make your soreness worse.

If you do get a muscle cramp:

- Gently stretch the muscle and hold it until the cramp subsides.
- Massage the cramped area.
- If it continues to hurt, put ice on the cramped muscle for a few minutes.
- Sometimes changing what you eat and drink can help. Ask your MOVE! dietitian or primary care team for guidance.

If you have an injury that is affecting your ability to exercise, talk with your MOVE! team for guidance.”

Physical Activity and Medications

As you are becoming more physically active, it is important to consider the medications you are taking and how they may affect your activity. Review the following list—are you currently taking any of these medications? If so, review the solutions you can implement to be safe while being active.

Medication Class	Examples	Solutions
<p>BETA-BLOCKERS May limit the heart’s ability to beat faster in response to exercise. This may result in difficulty catching your breath, fatigue, and sore muscles. Even though your heart rate does not increase, you will still get all the benefits of exercise.</p>	<p><i>Propranolol, atenolol, metoprolol, sotalol, carvedilol</i></p>	<ul style="list-style-type: none"> • Increase your warm-up and cool-down time. • Ask your health care team if you can take a different medication or a smaller amount.
<p>STEROIDS May cause loss of muscle mass leading to weakness and poor endurance. They can also cause mood swings, which could affect your motivation to be active.</p>	<p><i>Prednisone, dexamethasone, hydrocortisone, methylprednisolone, fludrocortisone</i></p>	<ul style="list-style-type: none"> • Start slowly and gradually increase physical activity. • Think positively. Call on friends and family to help you stay motivated. • Ask your health care team if you can take a different drug or a smaller amount.
<p>THYROID REPLACEMENT MEDICATION May limit your ability to exercise if you take too much or too little medicine.</p>	<p><i>Levothyroxine</i></p>	<ul style="list-style-type: none"> • Ask your health care provider to check your thyroid level to make sure you are taking the right amount.

Medication Class	Examples	Solutions
<p>DIABETES MEDICATIONS</p> <p>Exercise naturally causes your blood sugar to go down. In some cases, exercise combined with your regular diabetes medications could result in low blood sugar. Symptoms of low blood sugar include feeling shaky, lightheaded, weak, confused, or extremely hungry.</p>	<p><i>Insulin, glyburide, glipizide, metformin, pioglitazon</i></p>	<ul style="list-style-type: none"> • Monitor your blood sugar with your glucose meter before, during, and after a new exercise routine until you become familiar with how the exercise affects your blood sugar. Your health care team can give you upper and lower limits. • Don't exercise on an empty stomach or when you are dehydrated. Think ahead and have glucose tablets or hard candy with sugar or a beverage containing sugar with you while exercising. Avoid exercising too close to bedtime. • Ask your health care team about adjusting your diabetes medications if you experience low blood sugar before, during, or after exercise.

As you improve fitness and lose weight, let your health care team know. You may be able to decrease your dosages or discontinue some medications. Always consult with your health care team before making any changes to medications.

“Another important thing I learned is that regardless of your physical limitations, everybody can exercise. Being active with bilateral leg braces was a struggle I needed to overcome. I started by walking for 30 minutes, with lots of breaks. Today, I regularly walk 5 miles every morning, taking breaks when I need to.”

– John, lost 63 pounds



Staying Motivated with Physical Activity

Make physical activity part of your daily routine! Here are some ways to help you stay on track with your physical activity routine:

- Set realistic and achievable goals.
- Schedule activity by making it part of your regular routine—choose a convenient time of the day.
- Have a support system to stay encouraged – friends, family, group exercise.
- Join a gym or club or consider using a trainer.
- Use music and TV fitness programs.
- Use a pedometer/odometer and record your progress in your *Food and Physical Activity Log*. You can also track your time for either moderate or vigorous physical activity.
- Do a variety of activities to stay prevent boredom.
- Keep moving—even small amounts of movement throughout the day add up so check your progress regularly.
- **Have fun!**



Goal-Setting Check-Out

Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

Healthy Eating:

I will _____

Physical Activity:

I will _____

If you had trouble meeting your goals from last week, what will you do differently this week?

Module Summary

Fine Tune Your Activity

Fine tuning your activity means you have identified at least a few activities that you enjoy doing and can do on a regular basis. It is important to consider ways to stay safe while exercising outdoors and in different types of weather. Be sure to:

- Drink plenty of water—you can become dehydrated in warm or cold weather. Drink water before you go out and bring some with you.
- Pay attention to your body—if you start to feel overheated or too cold, go back indoors.

“There have been so many positive changes with the improved mobility that it’s hard to name them all. I’m no longer diabetic, I use fewer medications, and my physical problems have been greatly reduced. I can now keep up with my 5-year-old granddaughter.”

– Robert, lost 201 pounds

Being Active and Managing Chronic Pain

Veterans who experience chronic conditions like arthritis or low back pain or who have physical limitations **can benefit** from moving more. Depending on the type of condition, it is important to recognize the activities you should limit and those you should do more of to improve your health. Physical activity **almost always improves** medical conditions.

If you have chronic pain, increasing movement can be challenging. However, regular physical activity often **improves chronic pain**. Our brain is a fierce protector of our bodies. Pain is only one way our brains take action to protect against actual or potential dangers. By gradually showing the brain that movement is helpful and not harmful, activity can increase over time.

Physical Activity and Medications

It is important to consider the medications you are taking and how they may affect your activity. Some types of medications can interfere with being active. If you have concerns about how your medications may be affecting your activity, talk to your health care team. Always consult with your health care team before making any changes to medications.

Module To-Do:

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider ways you can fine tune your physical activity. Consider how you can be physically active with chronic conditions or pain.
4. Review Module 16 in preparation for your next meeting.



MODULE SIXTEEN

Maintain Your Progress



How do I keep up the momentum?

Congratulations, you made it through the MOVE! Program! It is an accomplishment that will benefit your health now and in the future. As you finish the program, let's talk about some things that will help you keep the weight off or continue to lose weight. The three core principles to maintain your weight loss is to watch your diet, be active, and stay on course.

“I have maintained my commitment to staying healthy by not snacking between meals and by tracking the calories I consume.”

– Francis, lost 120 pounds

It is also important to consider your body image as you continue to manage your weight. Having a healthy body image can help keep you motivated and making healthy lifestyle choices. Remember how much work you have done to get to where you are now – this will help you maintain your motivation and momentum!

It may help to remember that overweight and obesity are chronic health conditions. Participating in MOVE! is a great start to improve your health and quality of life, but weight management requires a lifelong commitment, lifestyle changes, and long-term follow-up with your health care team.

In This Module You Will:

1. Learn how to maintain weight loss.
2. Review the importance of body image.
3. Learn eight tips for staying motivated.
4. Be proud of the healthy changes you have made!

Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

My weight today is _____ pounds.

Reflect on how well you met your goals from the last module.

What successes did you have?

What challenges did you encounter?

What helped you address those challenges?



Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- | | | |
|---|---|---|
| <input type="checkbox"/> Better sleep | <input type="checkbox"/> More energy | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up | <input type="checkbox"/> Less joint pain | <input type="checkbox"/> Better blood pressure control |
| <input type="checkbox"/> Improved memory | <input type="checkbox"/> Better mood | <input type="checkbox"/> Better blood sugar control |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Stress relief | <input type="checkbox"/> Greater confidence | _____ |
| <input type="checkbox"/> More endurance | <input type="checkbox"/> More organized | _____ |

Maintaining Your Weight Loss

There are three strategies for maintaining your progress and keeping the weight off: 1) Watch your diet, 2) Be active, and 3) Stay on course. Review the following strategies to learn what can help you lose weight and keep it off!



1

Watch Your Diet

- **Follow a healthy and realistic eating pattern.** In studies of people who have lost weight and kept it off for at least a year, most continued to eat a diet lower in calories as compared to their pre-weight loss diet.
- **Keep your eating patterns consistent.** Follow a healthy eating pattern regardless of changes in your routine. Plan ahead for weekends, vacations, and special occasions. By making a plan, it is more likely you'll have healthy foods on hand for when your routine changes.
- **Eat breakfast every day.** Eating breakfast is a common trait among people who have lost weight and kept it off. Eating a healthy breakfast may help you avoid getting "over-hungry" and then overeating later in the day.



Smart Alex *Reevaluate Your Daily Calorie Goal*

"As you lose weight and eat fewer calories, you should revisit your daily target calorie goal. As you lose weight, the number of calories your body needs to function will decrease. To maintain a 500-calorie deficit each day for continued weight loss, you may need to adjust your daily calorie target. In addition, as you eat fewer calories, your body will respond by burning fewer calories each day in an effort to conserve energy for the future. Your body will also be more efficient by doing the same amount of work but using fewer calories than before. In this case, you may need to continue to decrease your caloric intake in order to get the effect you were getting in the beginning. Talk to your MOVE! Team when you are ready to reevaluate your daily caloric target."

2 Be Active

- **Get daily physical activity.** People who have lost weight and kept it off typically engage in 60-90 minutes of moderate intensity physical activity most days of the week. These can be in 2-3 30-minute sessions.

3 Stay on Course

- **Monitor your diet and activity.** Keeping a food and physical activity journal can help you track your progress and spot trends. For example, you might notice that your weight creeps up during periods when you have a lot of business travel or when you work overtime. Recognizing this tendency can be a signal to make a change.
- **Monitor your weight.** It's a good idea to keep track of your weight so you can plan accordingly and adjust your diet and exercise plan as necessary. If you have gained a few pounds, get back on track quickly. For weight maintenance, it is recommended that you weigh yourself everyday.
- **Get support from family, friends, and others.** People who have successfully lost weight and kept it off often rely on support from others to help them stay on course and get over any "bumps." Sometimes having a friend or partner who is also losing weight or maintaining a weight loss can help you stay motivated.

Which of these strategies will be the easiest for you to maintain and why?

Which of these strategies will be the hardest for you to maintain and why?

What things could you do to help prepare yourself for successful maintenance?



Teresa's Tips *Maintenance Plan for Weight Change*

“1-2 pound gain: Pay attention to portion size and work on portion control.

3-4 pound gain: Caution—Problem solve to determine changes in behavior contributing to weight gains (for example, eating out more, increased portions, increased snacking or desserts, decreased physical activity).

5 pound gain: Stop—Get back on track; return to weight loss calorie intake levels and increase physical activity.”

“I have kept my weight off for over 15 months now. We attend the MOVE! monthly alumni classes to keep motivated and keep the weight off. They even invite me to speak with their new groups as a motivational speaker!”

– Floyd, lost 54 pounds



Body Image

The image you have of your body affects you physically and emotionally. Your body image is influenced by events and other people in your environment during childhood, adolescence, and adulthood.

Accepting your body is important. No matter how many positive lifestyle changes you make in this program, you will be unhappy with your accomplishments if you do not like your body. This will set you up for disappointment and frustration.



Body image refers to different types of bodily experiences and perceptions. These different parts of body image affect each other.

- How you see yourself in a mirror
- How you see your body parts (like your stomach or thighs)
- A mental picture of your body
- How you experience your body (like how much of a seat your body occupies)
- How you perceive sensations (like heat, cold, hunger, anger)
- Thoughts, statements, and feelings about your body

Going Beyond Appearance

We constantly see advertisements about beauty and the “ideal” body type. These images make many women and men feel negative about their own appearance. Recognizing that these pressures exist is the first step in developing a healthy body image.

Body image is more than skin-deep. It’s also about what’s on the inside. Remember that the changes you are making are not always reflected in your appearance. For example, your new lifestyle is improving your health. You may have already lowered your blood pressure, blood cholesterol, and blood sugars. This all leads to a healthier you!



Staying Motivated

Use these **eight tips** to stay motivated over the next 6 months and beyond.

1 Remember the benefits you've achieved and hope to achieve.

What did you hope to achieve when you first joined this program?

What would you like to continue to work on?

2 Recognize your success.

What eating and activity changes are you most proud of making?

3 Keep visible signs of your progress.

- Measure yourself (belt size, etc.) once a month.
- Keep all the tools that you have learned close at hand.
- Post your weight and activity progress on your refrigerator door.
- Mark your activity milestones on a map toward a particular goal.

4 Keep track of your weight, eating and activity.

- Monitor your food intake and physical activity daily. During busy times, try to keep track at least three days a week—two weekdays and one weekend day.
- Weigh yourself and record your weight at least once per week—daily is best.

5 **Develop your eating and activity routine.**

Write down meal and planned eating routines that will be good for you to continue.

6 **Set new goals for yourself. Develop ways to reward yourself when you meet each goal.**

Set specific short-term goals for yourself.

Write down some non-food rewards for reaching goals.

7 **Create some friendly competition.**

Set up some sort of competition with friends or family to help you reach your goals. See who can meet their calorie goal the most days or who can log the most steps each week!

8 **Lean on your MOVE! team and other Veterans to help you stay motivated.**

Review Your Weight Management Toolkit

Here's a quick review of some of the tools and tips we've used over the past few months.

- Exploring motivation (Module 1)
- Setting SMART goals (Module 1)
- Self-monitoring or tracking your diet and physical activity (Module 2)
- Rewarding successes (Module 2)
- Managing the caloric/energy balance (Module 3)
- Creating a Healthy Plate (Module 4)
- Using the FITT principle and physical activity guidelines (Module 5)
- Rethinking unhelpful thoughts (Module 6)
- Meal planning and shopping (Module 7)
- Managing weight loss challenges/ problem solving (Module 8)
- Building an activity plan (Module 9)
- Arranging eating and activity cues (Module 10)
- Reducing fat (Module 11)
- Learning from slips (Module 12)
- Planning for high-risk situations (Module 13)
- Reducing stress and relaxation (Module 14)
- Social support (Module 14)
- Being active and managing pain (Module 15)
- Accepting your body (Module 16)

Goal-Setting Check-Out

Goals for the Next 6 Months

Set some goals to work on over the next 6 months to maintain your progress.

Activity Goal

In the next 6 months, I will get at least _____ minutes of activity each week at a moderate intensity or more.

I currently weigh _____ pounds.

In the next 6 months, I will:

Lose weight

I will reach _____ pounds.

Maintain my weight

I will stay at _____ pounds.

Module Summary

Maintaining Your Progress

Remember the steps for long-term success and review these modules when you need a refresher.

- Weigh yourself at least once per week (daily is best) and keep track of your weight.
- Monitor your food intake and activity daily.
- Eat no more than 1200-1800 calories per day.
- Get 60-90 minutes of physical activity per day on all or most days of the week.
- Get support from family and friends when you need it.
- Reaffirm your goals regularly and often.

Body Image

Body image is how you perceive and experience your body. There are many parts of body image, including how you see yourself in the mirror, your mental picture of your body, and statements you make about your body.

Having a positive body image is an important part of being successful in this program and beyond. Rethinking unhelpful thoughts and becoming comfortable with your body can help you improve your body image.

Celebrate the Progress You Have Made

You've made it through 16 modules of the MOVE! Program! Be proud of the changes you have made to:

1. Improve the quality of your nutritional intake.
2. Increase your daily physical activity.
3. Manage your weight.
4. Improve your health and the overall quality of your life.

Module To-Do:

1. Set a weight loss or weight maintenance goal for the next six months.
2. Develop short-term goals to help you meet your weight target.
3. Identify how you will continue to track your food and activity for the next six months.
4. Use a calendar to record and track your weight at least once per week.
5. Create a plan to address any instances of weight gain.



Weight Loss and Sleep



You may be wondering, “What does sleep have to do with losing weight?” It’s probably more important than you think!

Studies suggest that getting a good night’s sleep helps keep your metabolism up. When your metabolism is higher, you burn more calories, which helps you to lose weight.

On the other hand, poor sleep habits can lower your metabolism. This may be one reason why people who don’t get enough quality sleep have been shown to have an increased risk of diabetes, high blood pressure, heart disease, and yes, even weight gain. When you don’t get enough sleep, hunger increases because you produce more hormones that drive appetite and hunger.

Read on to find out if you’re really getting enough quality sleep. If you’re not, we have some steps you can take to help yourself sleep better. If you need more help, talk with your health care team. They will work with you to find other ways to improve your sleep.

Are You Getting Enough Sleep?

Many people who think they are getting enough sleep may not be. Adults usually need 7-9 quality hours of sleep per night. But nearly one in three adults report sleeping less than 6 hours per night.

Even if you think you’re sleeping enough hours, your sleep quality may be poor. If you are waking up frequently during the night, having trouble falling asleep, or waking up too early, you may not be getting a healthy amount of sleep.

Check each of the following that ring true for you **all** or **most** of the time:

- It is easy for me to doze off while reading or watching TV.
- I often doze off during long car rides.
- I feel sleepy during the day.
- It usually takes me more than 15 minutes to fall asleep.
- I wake up once or more per night.
- I have been told that I snore very loudly.
- I feel the quality of my sleep is unsatisfactory.
- When I try to go to sleep, I feel anxious or worry about whether I will be able to fall asleep.
- I do not feel sleepy when I get into bed.
- I get sleepy frequently during the day or have trouble concentrating because of sleepiness.
- When I have no plans the next day, I usually go to sleep much later than my normal bedtime.
- I feel groggy in the mornings for 30 minutes or more after waking.

If you checked any of these as occurring all or most of the time, you may not be getting enough quality sleep!

Improving Your “Sleep Hygiene”

Fortunately, there are things you can do to improve your sleep. Together, these are referred to as “sleep hygiene” practices. Just like regular hygiene, sleep hygiene is a set of habits that help you sleep “clean” and get a better-quality night’s sleep. You should set up a sleep hygiene routine that is as consistent as brushing your teeth at night.

Your body has learned to respond to your sleep environment based on your behaviors; over time these become habits. Without realizing it, you may have trained yourself to “unconsciously” associate your bedroom with whatever activities you typically do there. For example, if you watch TV in bed, you are training yourself to be alert and attentive while in bed. If you typically toss and turn for an hour or two before falling asleep, you are training yourself to be frustrated and sleepless while in bed. So, without intending to, you may have trained yourself to be awake in bed. But, the good news is, you can use this same learning process to train yourself to sleep better. Use the sleep hygiene practices to associate your bed with quality, restful sleep.

What are some examples of sleep hygiene practices?

- Keep the same bed/wake time throughout the week—even on the weekends!
- Establish a regular bedtime routine and follow it nightly.
- Avoid long naps during the day (for example, over 20 minutes).
- Avoid caffeine, nicotine, and alcohol for at least 4 hours before bedtime.
- Stay away from large meals before bedtime. Instead, have a light snack before bed—dairy products and turkey contain tryptophan, which acts as a natural sleep inducer
- Try not to drink fluids after 8 pm. This may reduce awakening due to urination.
- Get your most vigorous exercise done by the late afternoon. Relaxing exercises like walking or yoga can be done any time!
- Get plenty of exposure to natural sunlight to keep your body on a normal sleep-wake cycle.
- Don't let your pet sleep with you. Their movement may wake you, as could allergies to their fur and dander.
- Turn off electronics 30 minutes before bedtime.
- Keep your bedroom clean, cool, and dark.
- Use a fan or a white noise machine to block out unwanted noises.
- Use your bed for sleep and sex—no working, watching TV, or eating in bed!
- Get checked for sleep apnea (see below for more on this condition).

What are some sleep hygiene practices that you can start to apply tonight?

What If I Still Can't Fall Asleep?

Sometimes, even if we practice perfect sleep hygiene and are tired after a busy day, it can be difficult to fall asleep. In this situation, don't stay in bed and try to force your body to sleep.

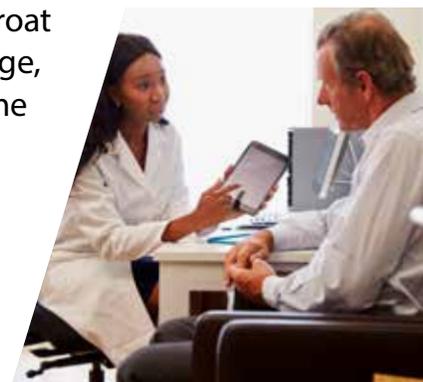
Instead, get up and get out of the bedroom. Create a calm environment for yourself and engage in a quiet activity, such as reading, listening to music, or doing a crossword puzzle (but stay off your smartphone or computer!). Use relaxation exercises to calm any anxiety you may have about not getting a full night of rest. Don't go back to bed until you begin to feel tired.

Talk with Your Health Care Team

If your sleep difficulties persist more than a few weeks despite good sleep hygiene practices, we encourage you to talk with your health care team. They can suggest other therapies or treatments to help you sleep better. You may have a physical condition that is keeping you from sleeping well, or you may have another sleep problem that your care team can uncover.

For some people, especially those who are overweight, structures in the throat can partially block their air passage during sleep. This narrows the passage, and makes it hard to breathe. Sometimes, the entire air passage can become blocked. This is called sleep apnea.

Several treatments exist for sleep apnea. Losing weight can help improve the condition. Other treatments include wearing a mouthpiece, using a continuous positive air pressure (or CPAP) machine, and surgery. Your care team will help you decide the best course for your condition.



For sleep problems that aren't related to physical conditions, Cognitive Behavioral Therapy for insomnia, or CBT-I, may be an option. CBT-I is a short-term therapy that targets thoughts and actions that can disrupt sleep. With CBT-I, you learn to manage anxiety associated with falling asleep.

Regardless of the reason for your sleep difficulties, it's important to take an active role when deciding on a treatment. Share your own preferences and goals with your care team. This will help you to work better together with your team to find a treatment plan that's right for you.

For a self-guided approach to managing insomnia visit https://www.mirecc.va.gov/docs/visn6/Improve_Your_Sleep_Self-Guided_Approach_for_Veterans_with_Insomnia-March-2017.pdf



Lose Weight and Quit Tobacco—You Can Do Both!



Some Veterans continue to use tobacco because they are afraid they will gain weight if they stop. It's true: People often do gain weight after quitting tobacco. But you don't have to!

In this mini-module, we'll show you some ways to make quitting tobacco easier. We'll also give you some tools to help you on your weight loss journey even after quitting, and we'll list some VA resources that can help you along the way.

VA Wants to Help You Quit Tobacco!

No doubt: Quitting tobacco is hard. But VA has more tobacco-cessation treatment options available than ever before!

Local VA health care providers—Veterans can talk with their primary care or mental health provider to learn about the FDA-approved medications and behavioral counseling options available. There may be programs available that are unique to your local VA Medical Center.

Quit VET—Veterans can speak with a tobacco cessation counselor and make a quit plan by calling **1-855-QUIT-VET** (1-855-784-8838). Quitline counselors are available between 9 a.m. and 9 p.m. ET, Monday through Friday.

SmokefreeVET—Veterans can receive daily support and encouragement for those quitting tobacco. Veterans can text "**VET**" to **47848** or visit <http://smokefree.gov/VET> to get started.

Website—Veterans can visit <https://www.mentalhealth.va.gov/quit-tobacco/> to learn the benefits of quitting and available tobacco cessation resources and <https://smokefree.gov/veterans> for interactive online tools to help quit tobacco.

Stay Quit Coach—Veterans can download this app at <https://mobile.va.gov/app/stay-quit-coach> to receive the tools and information to quit smoking. It's available for free to download from the App Store and Android Apps.

Ways You Can Quit Tobacco—And Stay Quit

Quitting tobacco isn't easy, but you can do it. Consider this: There are more former tobacco users today than current tobacco users. Quitting takes practice. Even the most motivated person may try to quit five or more times before succeeding. Each time brings lessons learned. Just don't give up!

Counseling—A health care provider or counselor can also help you make behavioral changes to break free of tobacco. Tobacco cessation counseling involves talking about your tobacco use and the role it plays in your daily routine. You have the best chance of quitting when you combine this counseling with tobacco cessation medications.

One important aspect of counseling is identifying your triggers for tobacco use. These could include talking on the phone, drinking a cup of coffee, drinking alcohol, feeling bored, or needing a break. Counseling will help you figure out how you can avoid or cope with triggers like these so you don't relapse and start smoking again after you quit. For example: If you smoke with your morning coffee, your counselor may suggest drinking your coffee in a smoke-free environment, such as a restaurant or workplace kitchen, or switching to tea instead.

Medications—Research shows that a person has the best chance of quitting tobacco for good when they use medications to help reduce cravings and withdrawal symptoms. If you want to quit using tobacco, talk with your VA health care team about these medications. Your primary care or mental health provider can suggest one or more medications to help you quit. Treatments include:

- Nicotine replacement therapy (NRT).
 - Nicotine patch
 - Nicotine lozenge
 - Nicotine gum
- Bupropion (Zyban[®], Wellbutrin[®])
- Varenicline (Chantix[®])



Nicotine is the addictive substance in tobacco and NRT medicines deliver nicotine without the other harmful components found in tobacco products to reduce withdrawal symptoms. Nicotine from NRT is delivered more slowly, making it less addictive, and you gradually reduce the level of nicotine over time until you no longer need it. Bupropion and varenicline are prescription medications that do not provide nicotine, but reduce cravings and withdrawal symptoms.

Often, a combination of two or more of these medications works the best. Your health care team will use your medical history and talk with you to decide what approach may work best for you. You can learn more and explore medication options in this online, interactive NRT explorer: <https://smoke-free.gov/veterans/tools-help-you-quit/quit-for-good-with-nrt>

Other things you can do to quit—You can set yourself up to succeed by preparing before your quit date. Keep these tips in mind as you prepare to and then actually stop using tobacco.

- *Get support from others*—Family and friends can be your best allies in the fight to stop using tobacco. Let them know you're quitting and ask friends who are tobacco-users not to use tobacco around you.
- *Get rid of all tobacco, ashtrays, e-cigarettes, vape pens, and lighters before your quit day*—These can all be triggers to start using tobacco again. Remove these from your car as well.
- *Use tobacco substitutes*—Sugar-free gum and mints, crunchy veggies like carrots or celery sticks, and even toothpicks, straws, and cinnamon sticks can all help you get past a craving. The average craving goes away in 3-5 minutes, so a substitute can help get you through that time.
- *Change your routine*—Starting on your quit day, make some changes to your daily grind. For example, get up at a different time, drink your coffee out of a new mug, or drive to work via a different route. Small changes like these can help break old routines and trigger the mindset that "it's a new day!"
- *Plan activities to replace tobacco use*—Taking a walk, meditating, reading, or enjoying a favorite hobby: All these can fill time you used to spend smoking or using tobacco. If you often smoked after meals, replace that with brushing your teeth or even a healthy dessert.



Quitting Tobacco—A Healthy Lifestyle Choice!

The positive health effects of quitting tobacco far exceed the small effect tobacco can have on your weight. If you quit tobacco:

- You'll feel healthier and have fewer health problems.
- You'll be able to walk farther or play harder without becoming short of breath.
- You'll save money.
- Your sense of taste and smell will improve.
- Your clothes, car, and home will smell better.
- Your fingers and nails will lose the yellow stain.
- You'll reduce your risk of developing cavities.
- After just 1 year of living tobacco-free, your risk of heart disease drops by one-half.
- After 10-15 years, your risk of stroke or heart attack drops to about the same as a nonsmoker.
- What other benefits are you looking forward to? If you think of some that are not listed, make a note here: _____

Managing Your Weight Without Tobacco

Quitting tobacco can sometimes make it harder to lose weight. Fortunately, you already know how to manage your weight without tobacco! The same healthy lifestyle changes you are making with MOVE! can keep you losing weight even without tobacco.

Eat healthy—To keep losing weight after you quit, remind yourself of these healthy eating tips:

- Eat more vegetables and fruit. Fill up on these healthy choices!
- Avoid high-fat, high-sugar foods and beverages.
- Eat small meals 5 or 6 times a day, instead of 2 or 3 large meals.
- Eat very slowly and be mindful of your food. Completely enjoy every morsel!
- Eat at the table, not in front of the TV.
- Plan ahead. Bring your lunch rather than eating fast food.
- Keep healthy, crunchy snacks handy, such as carrot sticks, apples, and pretzels.
- Drink plenty of water to help you feel full.



Be active—The nicotine in tobacco can raise your metabolism. That's why getting and staying active is so important when you quit using tobacco. Being active boosts your metabolism and helps you burn more calories.

- Take walks, garden, go bicycling, swim, play active sports...whatever you enjoy. Remember that exercise and breathing become easier when you quit!
- Set a time each day to do some physical activity.
- It may be better to break activity into shorter amounts of times, two or three sessions per day.
- Make small changes that boost your activity during the workday, like parking farther from the office, taking the stairs, and getting up and moving every hour.
- Drink water to stay hydrated instead of sugary sports drinks.
- Manage urges to smoke or eat by taking a 5-minute activity break (for example, walk around the block).



Be Involved in Your Health Care



Along your weight-loss journey, you and your health care team may need to treat a health problem related to your weight. This health problem may result from prior weight gain and, once present, may make it harder to lose weight. And sometimes, medications used to treat health problems can also make it harder to lose weight.

It's important to talk to your health care team about all aspects of your care, including your weight-loss goals. Together, you may decide to change parts of your treatment program, including the treatment of your related health problems.

For example, many medical problems will improve with weight loss. You and your team may decide to hold off on starting or adding a new medication or undergoing a procedure in hopes that your condition will improve as you lose weight. Likewise, if you are taking a medication that can cause weight gain, your doctor may be able to prescribe a different medication that does not have that unwanted effect.

Medical Problems Associated with Weight Gain

Several medical problems are common in people who are overweight.

Diabetes and Prediabetes

Diabetes is a chronic (long-term) condition. When you have diabetes, the sugar level in your blood is too high. Diabetes keeps your body from turning food into energy. That's why you may feel tired and rundown, especially after eating. You may also be more likely to develop other health problems. These include foot, eye, heart, and kidney problem.

Being overweight raises the risk for Type 2 diabetes. With this form of diabetes, your body's cells have trouble using insulin. This "insulin resistance" not only raises your blood sugar levels, it can cause further damage to your body. Over time, the pancreas may lose its ability to produce enough insulin, raising your blood sugar levels even higher.

If you have prediabetes, your blood sugar is higher than normal, but not so high to be considered diabetes. About one in four people with prediabetes will develop Type 2 diabetes within 3 years of being diagnosed with prediabetes.

Losing weight through healthy eating and increased physical activity can improve the body's response to insulin and control of blood sugar levels. In turn, this can reduce the risk of moving from prediabetes to diabetes. These healthy lifestyle changes can also help people with diabetes to manage their blood sugar better.

High Blood Pressure

Sometimes called hypertension, high blood pressure is common in people who are overweight. Over time, high blood pressure can damage the arteries, heart, and kidneys and can lead to heart disease and stroke. Treatment options include eating a healthy diet, increasing physical activity, and blood pressure-lowering medications.



High Cholesterol

High cholesterol is often linked to eating a diet that is too high in cholesterol and saturated fat or having an inherited condition that causes elevated cholesterol levels. High cholesterol increases your risk of developing heart disease and stroke. Treatment options include eating a healthy diet, increasing physical activity, and possibly taking cholesterol-lowering medicines.

Heartburn/Acid Reflux

Being overweight, especially in the stomach and waist, can cause acid reflux—when stomach acid washes up and irritates your throat and chest. This condition is often called heartburn. Acid reflux can also cause coughing, sore throat, a bitter taste in the mouth or back of the throat, and burning and pressure in the chest. Acid reflux that occurs frequently or over a long time can also cause damage to the esophagus (the tube between the throat and stomach), tooth enamel, bad breath, trouble swallowing, and asthma. Losing weight can help relieve acid reflux and its symptoms, as can cutting back on alcohol or smoking.

Arthritis

While being overweight doesn't directly cause arthritis, it can make arthritis worse. Extra weight puts more stress on certain joints, such as your knees. This stress can cause the joints to become inflamed or wear out sooner. The resulting joint pain may make you less active, which can lead to even more weight gain. This becomes a vicious cycle—losing weight can help break this cycle.

Sleep Apnea

In some people, especially those who are overweight, structures in the throat can partially block their air passage during sleep. This narrows the passage and makes it hard to breathe and sleep restfully. Sometimes, the entire air passage can become blocked. This is called sleep apnea. Since the lungs aren't getting enough air, the brain tells the body to wake up just enough to tighten the muscles and unblock the air passage. With a loud gasp, breathing begins again. This process may repeat throughout the night.

Several treatments exist for sleep apnea. Losing weight can help improve the condition. Other treatments include wearing a mouthpiece, using a continuous positive air pressure (or CPAP) machine, and surgery. If untreated, sleep apnea can cause fatigue, high blood pressure, and lung and heart disease.



Non-Alcoholic Fatty Liver

Fatty liver is when fat stores increase in the liver. The liver can be damaged and can enlarge. Many people feel fine and have no symptoms but some develop serious liver damage that can lead to liver failure. Also, heart disease, stroke, and diabetes are more common in people with fatty liver.

Fatty liver often occurs in people with high blood sugar, obesity, or high cholesterol. Losing weight helps decrease the amount of fat depositing in the liver and can slow down the process of damaging the liver cells.

Heart Disease

Being overweight can increase the workload of the heart and contribute to heart and circulation issues such as heart attacks, heart failure, and blood clots.

Cancer

Overweight and obesity have been associated with an increased risk of developing at least 10 different cancers.

Medications and Weight

Unfortunately, some common treatments for these and other conditions can cause weight gain or make it harder for you to lose weight.

Condition	Medications
Diabetes	Weight gain is a common side effect for people who take insulin or other commonly used diabetes medications. However, other diabetes medications are available that may promote weight loss and help you reduce or even eliminate your insulin dosage.
High Blood Pressure	Several medicines used to treat high blood pressure may contribute to weight gain and fatigue; others are less likely to promote weight gain. Losing as little as 10 pounds can lower your blood pressure and may reduce the amount of medication you needed to keep your blood pressure controlled.
High Cholesterol	Some medicines used to treat high cholesterol can promote insulin resistance and raise your blood sugar levels. However, losing weight can reduce the doses needed to control your cholesterol.
Arthritis	Some treatments that relieve the pain from arthritis, such as steroid pills or injections, can cause weight gain and raise blood sugars.
Mental Health	Some anti-psychotic medications prescribed for bipolar disorder, schizophrenia and posttraumatic stress disorder can cause weight gain. Some antidepressant medications can also cause weight gain.
Hormonal	Some hormone replacement therapies, steroids, and birth control medication can lead to weight gain and make it more difficult for you to lose weight.
Pain	Some over-the-counter medications, like naproxen sodium, contain high levels of sodium, causing you to hold water.

There may be alternatives for these medications. Talk to your health care team if you think your medicines may be contributing to weight gain. Never stop taking a medicine without first talking to your health care team, but do let them know about your concerns.

Be Involved in Your Health Care

We strongly encourage you to play an active role when you visit with your health care team. To get the most out of your visit, plan the questions you want to ask and the things you want to discuss. Share any concerns you may have about your care, especially if you think it may be affecting your weight-loss goals. Finally, be sure to leave the visit with information about your conditions, treatments, and what you can do to manage your conditions.

Here are some ways to be more involved in your health care and get the most out of your next visit.

Before your visit:

- Write down your health questions and concerns.
- Bring a list of all the medications you take, including vitamins and supplements.
- Get more information at www.veteranshealthlibrary.org and www.myhealth.va.gov, especially about medications you take that can promote weight gain.

During your visit:

- Bring a family member, friend or caregiver to help you remember what you and your team discuss.
- Share your questions, problems, and concerns with your team at the beginning of your visit.
- Tell your team about your past illnesses/hospitalizations, medications, and any problems you may be experiencing.
- Tell your team about your goals - what matters most to you about your health - as well as your needs and preferences for treatment.
- Work with your team to create a treatment plan that addresses your needs, and ask to be involved in making decisions about your care.
- Know your medications and why you take them, and ask for written instructions and information to take home with you.
- Ask your team to clarify anything that's confusing, and speak up if you have concerns or think something is wrong.
- Ask when and how you will get test results and additional treatments.

After your visit:

- Revisit the Veterans Health Library and My HealthVet.
- Tell your team if you have problems following your care plan, or if there is a change in your conditions or health.
- Consider ways you can stick to your plan, such as by using medication reminder systems and tracking logs, or by letting others know about your goals and plans.
- Be sure to keep track of and celebrate progress toward your goals!



Keys to Weight Management Success:

Making a commitment to your weight management goals is critical to success.

- Identify your reasons for wanting to lose weight.
- Set goals that you can reach.
- Eat wisely to cut extra calories.
- Be physically active to improve your health.
- Make lifestyle changes that you can maintain.
- Weigh yourself at least weekly—daily is best.
- Keep a daily record of what you eat and your physical activity.
- Ask your family, friends, and MOVE! team for the support you need.
- Make other life changes to help reach and maintain your desired weight.
- **Celebrate your success!**

