



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.



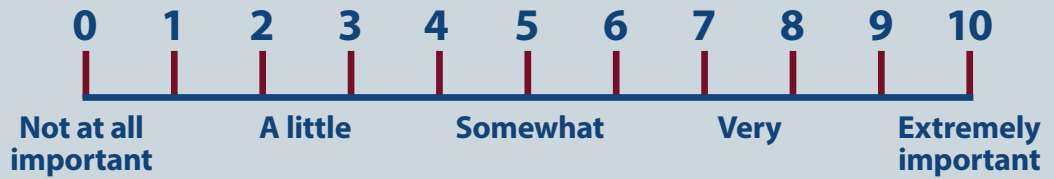
Teresa's Tips

“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.



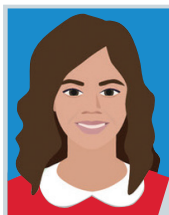
10 Health Gains from a 10% Weight Loss

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	22	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	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	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

MODULE ONE

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: _____

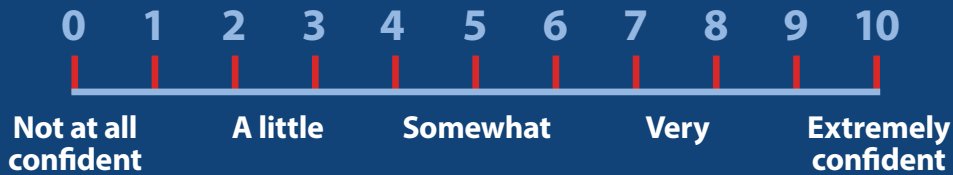
Goal 2: _____

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.