

5 WAYS to ACHIEVE YOUR HEALTHY WEIGHT

1 Get Moving

Regular exercise helps you achieve and maintain a healthy weight. Physical Activity Guidelines for Americans recommends:

- A mix of aerobic and muscle-strengthening activities each week
- Each week try to get:
 - At least 150 minutes of moderate-intensity activity (a brisk walk)
 - Or at least 75 minutes of vigorous-intensity (running/jogging)
 - At least 2 days of strengthening, this includes activities that make your muscles work harder than usual

2 Get Enough Sleep

7 - 8 hours of sleep helps adults:

- Have the energy to enjoy being active
- Feel the best and most alert
- Improve brain function

3 Proper Nutrition

Focus on variety, nutrient density, and amount:

- Include healthier food and beverage choices such as vegetables, fruits and whole grains
- Limit calories from added sugars, sodium, alcohol, and saturated or trans fats

5 Stay Hydrated

Research suggests that drinking more water can help:

- With weight loss by raising metabolism
- Your muscles perform their best
- Boost your brain functions and mood

4 Manage Your Stress

Stress can contribute to weight gain. Recognize warning signs and use stress management techniques to help you reach a healthy weight.

- Regular exercise increases endorphins, raises self-esteem, and releases muscle tension
- Physical activity is one of the most effective stress management techniques

"I lost over 30 pounds and 10 inches. Yeah!!!"

- Charlie Twine
Veteran, Washington D.C.

"I would like to pass onto other Veterans that MOVE! provided information that will enable a person to stay focused and have good eating and physical habits to maintain a longer life."

My HealtheVet Connection



Secure Message

www.myhealth.va.gov/secure-messaging

Log in today and send your doctor a secure message on where to start on your weight loss journey



Food Journal

www.myhealth.va.gov/food-journal

Use My HealtheVet's Food Journals to keep track of your food and have everything in one place to help you on this journey.

Learn More

MOVE! Weight Management Program (MOVE!)

www.move.va.gov

Instructions for Completing the Daily Food and Physical Activity Diary (MOVE!)

www.move.va.gov/docs/NewHandouts/Standard/S08_DailyFoodAndPhysicalActivityDiary.pdf

Making Healthy Food Choices with a Healthy Plate (MOVE!)

www.move.va.gov/docs/NewHandouts/Nutrition/N12_MakingHealthyFoodChoicesWithAHealthyPlate.pdf

Sleep: The Foundation for Healthy Habits (Mayo Clinic)

www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep-the-foundation-for-healthy-habits/art-20270117

What's Important to Know about Eating Wisely?

www.prevention.va.gov/Healthy_Living/Eat_Wisely.asp

National Physical Activity Guidelines

health.gov/PAGuidelines/