ACHIEVE YOUR HEALTHY WEIGHT

Get Moving

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

- · A mix of aerobic and musclestrengthening 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



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



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

Research suggests that drinking more water can help:

Stay Hydrated

With weight loss by raising metabolism

· Your muscles perform their best

Charlie Twine

Boost your brain functions and mood

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

Manage Your Stress

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

effective stress management

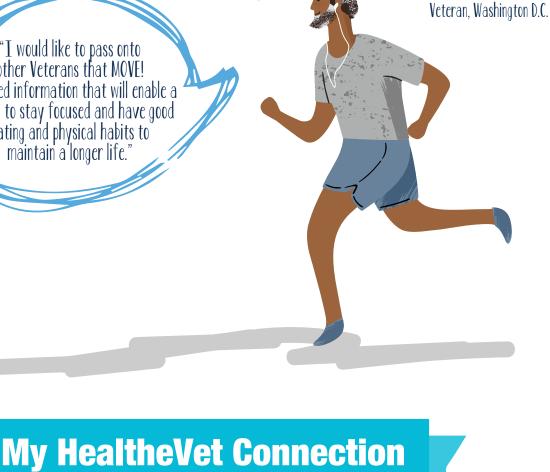
techniques

provided information that will enable a person to stay focused and have good eating and physical habits to mäintain a'longer life.'

"I would like to pass onto other Veterans that MOVE!

and 10 inches. Yeah!!!"

"I lost over 30 pounds



FOOD



secure message on where to start on

your weight loss journey

www.myhealth.va.gov/secure-messaging www.myhealth.va.gov/food-journal Log in today and send your doctor a 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



health.gov/PAGuidelines/

MOVE! Weight Management

www.move.va.gov

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

S08_DailyFoodAndPhysicalActivityDiary.pdf **Making Healthy Food Choices**

with a Healthy Plate (MOVE!) www.move.va.gov/docs/NewHandouts/Nutrition/

N12_MakingHealthyFoodChoicesWithAHealthyPlate.pdf

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

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

Sleep: The Foundation for **Healthy Habits** (Mayo Clinic)

Weight Gain? (Mayo Clinic) www.mayoclinic.org/healthy-lifestyle/stress-

How Do I Control Stress-Induced

management/expert-answers/stress/faq-20058497 What's Important to Know

about Eating Wisely www.prevention.va.gov/Healthy_Living/Eat_Wisely.asp

National Physical Activity Guidelines

www.myhealth.va.gov