

# 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](http://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](http://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](http://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](http://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](http://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](http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep-the-foundation-for-healthy-habits/art-20270117)

### How Do I Control Stress-Induced Weight Gain? (Mayo Clinic)

[www.mayoclinic.org/healthy-lifestyle/stress-management/expert-answers/stress/faq-20058497](http://www.mayoclinic.org/healthy-lifestyle/stress-management/expert-answers/stress/faq-20058497)

### What's Important to Know about Eating Wisely

[www.prevention.va.gov/Healthy\\_Living/Eat\\_Wisely.asp](http://www.prevention.va.gov/Healthy_Living/Eat_Wisely.asp)

### National Physical Activity Guidelines

[health.gov/PAGuidelines/](http://health.gov/PAGuidelines/)