



Strive for a Healthy Weight



FEBRUARY 2013 | *Monthly Topic*

If you need to lose weight, losing even a little will help. If you are of normal weight, maintain it. Staying in control of your weight helps you be healthy now and in the future.

- **Strive for a Healthy Weight. A Healthy Living Message**
http://www.prevention.va.gov/Strive_for_a_Healthy_Weight.asp
- **The Basics of Weight Control**
http://www.prevention.va.gov/docs/MPT/2013/Basics_of_Weight_Control.pdf
- **Set Your Weight Loss Goals**
http://www.prevention.va.gov/docs/MPT/2013/Set_Your_Weight_Loss_Goals.pdf
- **Making Healthy Food Choices with a Healthy Plate**
http://www.prevention.va.gov/docs/MPT/2013/Making_Healthy_Food_Choices_with_Healthy_Plate.pdf
- **FITT—Frequency, Intensity, Time, and Type Activity**
<http://www.prevention.va.gov/docs/MPT/2013/FITT.pdf>

MOVE!® RESOURCES

- **MOVE!® Internet Web Site for Patients**
www.move.va.gov
- **MOVE!® 23 Patient Questionnaire**
www.move.va.gov/move23.asp
- **MOVE!® Success Stories**
www.move.va.gov/SuccessStories.asp

- **Over 120 different MOVE!® Handouts**
www.move.va.gov/handouts.asp?all

FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

- **Aim for a Healthy Weight**
Why is a healthy weight important?
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm
- **Watch Your Weight**
To stay at a healthy weight, balance the calories you eat with the calories you burn. If you need to lose weight, start by setting small goals.
<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=25>
- **USDA—Choose My Plate: Weight Management**
In addition to helping you feel and look better, reaching a healthier body weight is good for your overall health and well being.
<http://www.choosemyplate.gov/weight-management-calories/weight-management.html>