MOVE!

WEIGHT MANAGEMENT PROGRAM FOR VETERANS

Session 16 (Maintain Your Momentum)

New Mexico Va health care System

Progress Review Worksheet

What changes have you made to be more active?

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What changes have you made to make healthy food choices?

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Have you been reaching your weekly food and activity goals?
Yes ☐ No ☐

If not, what will you do to improve your progress?

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Dealing With Boredom

Boredom can often lead to overeating.
Here are tips to beat boredom:

Get Active

- Find a new walking route.
- Walk the dog.
- Play with your children/grandchildren.
- Shoot some hoops.
- Plant a garden.
- Put on an exercise video and move!
- Mow your lawn; then mow your neighbor's.

Learn Something New

- Find a hobby. Try something you've always wanted to do.
- Take or teach a community class.
- Volunteer.
- Learn a new language.

Occupy Your Mind

- Read a good book.
- Do a crossword puzzle.
- Write an e-mail/letter, or call a friend.

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Yes! You Can Keep That Weight Off!

You have been managing your weight successfully for a long time. GREAT!

Here are some tips to help you keep going:

- Now that you know what works for you, keep it up!
- Write down all the reasons you want to maintain your weight. Look at these carefully, and think about how far you have come.
- Take credit for your success and hard work. Continue to reward yourself often!
- Plan for people, places, and events that might trip you up. Consider ways to cope with difficult situations. For example, drink a glass of water and eat an apple before going to a party, buffet, or wedding.
- Keep your thinking **POSITIVE!**
- Maintain your network of family and friends to provide encouragement and support. Let them know how much their ongoing support is helping you.
- Find new ways to cope with stress.
- It is easy to slip up on your diet or physical activity. Recognize what tripped you up, and get back with your program. Be sure to give yourself lots of praise for handling these setbacks.

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Keep Your Health

Your weight and waist measurements are in the normal range. That's great! Keeping your weight in a healthy range and leading a physically active lifestyle are great ways to avoid weight-related diseases such as diabetes. Staying fit also can help you live longer and keep you doing the things you enjoy.

Keep track of your weight and waist size:

- Make weighing a part of your daily morning routine. Adjust your eating and activity if your weight is creeping up.
- At least once a year, your primary care team will measure your height, weight, and waist circumference. Abdominal fat is very risky for health. **Men should keep their waist circumference below 40 inches, and women should keep their waist circumference below 35 inches.**

To Stay Fit for Life:

Eat Wisely

- Choose a variety of healthy foods.
  - Use a 9-inch plate
  - Cover ½ of your plate with vegetables and fruit
  - ¼ of your plate should include 3 ounces of a lean meat or protein
  - ¼ of your plate should include a starchy vegetable such as a baked potato or whole grain rice

- Limit fat and salt.
- Look for sources of calcium.
- Drink plenty of water.
- Eat a variety of foods, including seasonal vegetables and a range of colors in your diet.

Be Active

- Be as physically active as you can throughout the day.
- As a minimum, be moderately active (to raise your heart rate, but not so much that you have difficulty breathing or talking) for at least 150 minutes per week, OR 75 minutes of vigorous physical activity (activity that makes it hard to carry on a conversation).

More information on how to Stay Fit for Life is available at the VA Prevention Web site: **www.prevention.va.gov**.