MOVE!

WEIGHT MANAGEMENT PROGRAM FOR VETERANS

Session 1
(Ready, Set, Goals)

MOVE!

- Weight Management Team Members:
  - MOVE! Coordinator, Registered Dietitian
    - Extension 4407 or 5395
  - New Mexico VA: (505) 265-1711, Extension 4407
    - Please call the MOVE! Coordinator if late or cannot make it to class.
  - Brain Kersh, PHD – Clinical Psychologist
    - Extension 1043
  - Claudia Segura, DPT – Physical Therapist
    - Extension 5280

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- Ground Rules
  - Attendance Policy
    - Sixteen weeks –class is held in the Education Building 39, Auditorium
      - If you miss the first 3 weeks we will ask you to wait until the next session
      - If you miss 4 weeks, we will ask you to wait until the next session
    - Call Kemberly Joyce for scheduling and cancellations
    - Class is every Thursday from 9:00 to 10am or 11:00 to 12:00pm (depending on which group you are in)
  - Check-in with the volunteers before class
    - If you do not check in you will be noted as a "no show"
    - Checking in, leaving immediately and not returning will be counted as a "no show"
  - Please respect those around you and the class by not talking out of turn and waiting to speak into the microphone so the CBOCs can hear too. ☺
    - Please raise you hand to speak in class.

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- Expectations for you ☺
- Be on time for class (try to come 20-30 minutes early to get weighed)
  - Check in with the volunteers before each class
  - Please call if you will be late or are unable to attend.
- Attend class every week
- Weigh-in every week & Waist measurements on week 1, 5, 9 & 15
- Bring food and activity logs filled out to every class
- Participate during the class: ask questions and be involved.

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Body Mass Index

MOVE!®

HEIGHT	WEIGHT																									
	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	360	380	400
5′0″	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65	66	70	74	78
5′1″	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62	64	68	71	75
5′2″	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	65	69	73
5′3″	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59	60	63	67	70
5′4″	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57	58	61	65	68
5′5″	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	56	60	63	67
5′6″	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53	55	58	61	64
5′7″	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52	53	56	60	63
5′8″	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50	52	55	58	61
5′9″	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49	50	53	56	59
5′10″	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47	49	52	55	57
5′11″	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46	47	50	53	56
6′0″	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45	46	49	52	54
6′1″	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	48	50	53
6′2″	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	44	46	49	51
6′3″	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41	43	45	48	50
6′4″	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	44	46	49
6′5″	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39	40	43	45	47
6′6″	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38	39	42	44	46
6′7″	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37	38	41	43	45
6′8″	13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36	37	39	42	44
6′9″	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35	36	39	41	43
6′10″	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35	35	38	40	42

Underweight: BMI = less than 18.5

Normal weight: BMI = 18.5 to 24.9

Overweight: BMI = 25 to 29.9

Obesity Class I: BMI = 30 to 34.9

Obesity Class II: BMI = 35 to 39.9

Extreme Obesity BMI = 40 and above

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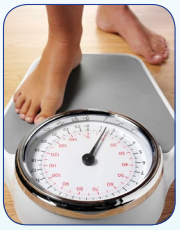
Getting the Most Out of MOVE!®

Obesity puts your health and well-being at risk. Losing 5–10% of your weight and keeping this off can help you protect your health!

Based on the reports of fellow Veterans and research findings, here is how to get the most out of MOVE!®:

- **Stick with MOVE!® as long as you need to achieve your goals –** Veterans who have at least a 4-month participation in MOVE!® are nearly twice as likely to lose 5% of their initial weight.
- **Check in with the MOVE!® team as frequently as possible –** Veterans who have 8 or more contacts with the MOVE!® team are twice as likely to lose 5%.

- **Even better, do both –** The combination of having frequent contact with the MOVE!® team and working with them for at least 4 months produces even better results.
- **Weigh yourself every day –** For both the process of losing weight and for maintaining your weight loss, weighing yourself every day will help you meet your goals. It gives you immediate feedback and will let you know if you need to change your food intake and/or your level of physical activity.



- **Use both diet and physical activity to meet your goals –** Relying on diet OR physical activity alone is not a good long-term plan.

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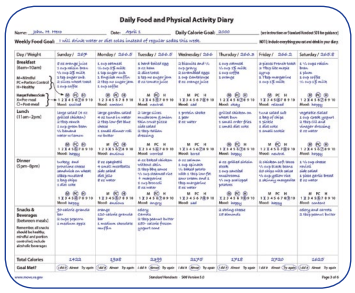
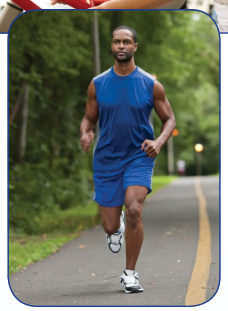
- **Write it down (or use an App)** – Unless you monitor what you are doing, it's pretty hard to know if there are problems. Writing down your weight, daily food intake, and your physical activity will help you meet and maintain your goals.



- **Work it, baby!** – All Americans should be getting a minimum of 150 minutes of physical activity per week. That number should double to either 300 minutes of moderate physical activity or 150 minutes of vigorous physical activity per week if you are managing your weight. A common story for Veterans who have lost a great deal of weight and kept it off is that they are now exercising for 1 hour per day. The research suggests that you get this time back, plus some. You will extend the length and quality of your life by being physically active.



- **Mix it up over the long haul** – Many Veterans sharing their success stories say that they have participated in MOVE!® in many different ways. For example, starting off with individual sessions, then groups, then virtual programs like TeleMOVE!. Losing a lot of weight takes time. It can help to change up how you participate in MOVE!® as you progress.

- **Remember you're always welcome** – Managing your weight is a lifelong process. We don't encourage anyone to drop out of MOVE!®. But we know that many Veterans try MOVE!® for a few sessions, drop out, and then come back. Many of these Veterans go on to success. Also, it can be easy to lose ground and regain some weight. You're always welcome to return to MOVE!®!

Healthy Living

Be Involved in Your Health Care

You can play an active role when you have a visit with your health care team. To get the most out of your visit, plan the questions you want to ask and the things you want to discuss. Be sure to leave the visit with information about your care. Here are some suggestions to help you be involved in your health care.

How do I become involved in my own health care?

- To help your health care team provide you with better care, make sure you give them complete information about your current health.
- Let your team know about your health problems, your concerns about your health, any past illnesses, and past hospitalizations.
- Be sure to tell your team about all medications you take. Remember to include over-the-counter medicines, vitamins, and herbals.

How do I plan for my health care visit?

- Before your visit, write down the questions and concerns you want to ask your team. Make sure to let your team know about your questions at the beginning of each visit.
- Share your ideas and beliefs about your health problems and treatments with your team. Talk with your team about any other matters related to your health.
- Tell your health care team about any stressful aspects of your life that affect your health and your ability to manage daily activities.

How can I help my health care team create a treatment plan that will work for me?

- Work with your health care team to create your treatment plan and share in making decisions about your health care.
- Talk with your provider about the treatment options you prefer.

A Better Way to LIVE

Talk with your health care team about your goals.

©

- Ask your team to clarify anything that's not clear to you.
- Tell your team if you have any problems following your treatment plan or if your condition changes.
- Speak up if you have any concerns about the care you are receiving or if you think something is wrong.

How can I get the most out of my visit?

- Ask your provider for written information and instructions that you can keep and share with your family or caregiver.
- Get information about your health problems from your health care team and the MyHealth*e*Vet website.
- Know the names of your medicines and why you take each one.
- Ask when and how you will get the results of any tests or treatments.
- Ask your team for the name and telephone number of the person to call if you have a problem with symptoms, medications or treatments.
- Bring a family member or friend to your appointment to help you.

FOR MORE INFORMATION:

- VHA National Center for Health Promotion & Disease Prevention: www.prevention.va.gov
- MyHealth*e*Vet — The Gateway to Veteran Health and Wellness: http://www.myhealth.va.gov
- Healthfinder — Quick Guide to Healthy Living, Take Charge of Your Health*: http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=78
- Ask Me Three — National Patient Safety Foundation*: http://www.npsf.org/askme3/

* Indicates that the link leads to a non-VA website. The VA is not responsible for content on the site.

If you have questions about how to make healthy living changes, please talk with your health care team.

Why I have joined the *MOVE!* Program

I have joined the *MOVE!* group sessions because:

_____

_____

_____

_____

As a result of coming to the group sessions I hope to:

_____

_____

_____

_____

Changing my eating habits and becoming more active will help me to:

_____

_____

_____

_____

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Readiness Questionnaire

1. I intend to change my lifestyle in the next three months:
Definitely do not----------Definitely Do
-3.....-2.....-1.....0.....1.....2.....3
2 . I want to improve my eating habits in the next three months:
Strongly Disagree----------Strongly Agree
-3.....-2.....-1.....0.....1.....2.....3
3. How likely are you to make lifestyle changes during the next 3 months:
Unlikely----------Likely
-3.....-2.....-1.....0.....1.....2.....3
4. People who are important to me think I should improve my eating and physical activity habits:
Strongly Disagree----------Strongly Agree
-3.....-2.....-1.....0.....1.....2.....3
5. For me to eat healthier and be more active in the next three months would be:
Difficult----------Easy
-3.....-2.....1.....0.....1.....2.....3

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Getting Ready to Lose Some Weight?

You are getting ready to make some changes to lose weight. Great! You are moving in the right direction.

Here are some tips that may be important for your success:

- Set a date to begin.
- Focus your attention on the positive benefits you will get from losing weight.
- Make weight control changes a top priority in your life.
- Make a "SMART" plan to begin. **SMART stands for:**
  - **S**pecific: There are specific actions to take to reach the goal.
  - **M**easurable: You know how much to do and when the goal has been achieved.
  - **A**ction-oriented: Take action to achieve your goal(s).
  - **R**ealistic: The goal is practical given your resources and time.
  - **T**ime-based: There is a specific timeframe to achieve the goal.

  Example: "I will walk up the stairs *(Specific, Realistic, and Action-oriented)*, once daily *(Measurable)* for the next month *(Time-based)*."
- Plan how to deal with things that might get in your way.
- It is OK to make small changes.
- Find others who will support you in a positive way, and tell them what you are about to do. Ask for their help and encouragement.

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Set Your Weight Loss Goals

Writing down your goals will keep you on track. Revise or add to your goals at any time. Start by setting a long-term weight loss goal. Next, set a goal for how much you wish to lose each week. **Losing anywhere from ½ pound to 2 pounds per week is safe.** Then, figure out how long you will give yourself to reach your long-term goal. Weigh yourself daily (or at least weekly) to track your progress.

1. Set your weight loss goal to improve your health.

Start with a goal of 5% to 10% of your current weight. Losing just 5% can improve your health.

I currently weigh _____ pounds.

My long-term goal is to lose _____ % of my current weight, which is equal to _____ pounds.

Losing _____ (½ to 2) pound/s per week, I want to reach my long term goal by _____ *(date)*.

Example: If you weigh 250 pounds, your goal might be to lose 10%, which is 25 pounds. 5% is 12.5 pounds. It is very important to choose a goal you are confident you can reach. You can always reset your goals after you reach them.

SMART Goals

To achieve your long-term weight loss goal, create an action plan to decrease calories and increase physical activity. Here are some tips:

- Goals are a road map to help us succeed. They give us a clear idea of where we want to be and how to get there.
- SMART goals are especially useful.

SMART stands for:

Specific: There are specific actions to take to reach the goal.
Measurable: You know how much to do and when the goal has been achieved.
Action-oriented: You need to take action to achieve your goal(s).
Realistic: The goal is practical, given your resources and time.
Time-based: There is a specific time frame to achieve the goal.

Example: "I will walk up the stairs *(Specific, Realistic, and Action-oriented)*, once daily *(Measurable)* for the next month *(Time-based)*."

2. Set SMART goals to decrease calories in your diet.

What can you do to eat or drink fewer calories?

Examples: "I will have low-fat milk with my cereal every day this week."
"I will drink no more than three cans of sweetened soda per week."

Write them down:

Goal one: _____

_____

Goal two: _____

_____

3. Set SMART goals to increase your physical activity.

As your fitness improves, set new goals.

Examples: "Every day this week I will walk briskly for at least 15 minutes."
"I will take the stairs up to my office at least once each day that I am at work."

Write them down:

Goal one: _____

_____

Goal two: _____

_____

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- Your "Homework" This Week:
- Behavior: Reward yourself with something other than food.
- Nutritional: Keep a food log everyday.
- Physical Activity: Keep an activity log daily.