



Newsletter

Fargo VA Medical Center

Spring/Summer 2013

For Terry Ames, requiring 50 units of insulin to control his diabetes was scary. He had been followed by the diabetic educator, but was looking for more tools to help him become healthy. That was when he was referred to the MOVE! Program by the diabetic educator in August of 2012. Since then, he has lost 35 pounds and has lowered his insulin to only 15 units. He not only is more in control of his diabetes, but his lab values have greatly improved. He has accomplished this through changes in his diet that include staying away from fast foods. “You can use up all your calories for the day on one meal.” He has made exercise part of his daily routine with strength training right in his own home. “You don’t need a gym to do this. Walking is the best exercise for diabetics and it is FREE!” He walks his dog 2 miles per day. “This is the best I have felt in years and I have more energy.” He believes that the MOVE! Program gave him the tools and he put them to work, stating, “You have to be self disciplined.” His wife has provided him with encouragement and has played a big part in helping him make dietary changes. “I like to call her my Coach.” He encourages Veterans to make “Lifestyle” changes with the assistance of the MOVE! Program and is grateful for what he has learned.



Guide to SMART Goals

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.

Specific—concrete actions that will take place; what you will do

Measurable—how much will be done, and how you will know when the goal has been achieved

Action-Oriented— committing to take action to achieve your goal(s)

Realistic—practical, given available resources and time

Time-based—within a specified time frame

SMART Goals

- ⇒ Identify concrete, specific things you can do to improve your health.
- ⇒ Focus on behavior, not outcome (e.g., eat at least one serving of vegetables a day versus lose 2 pounds).
- ⇒ Start small, then build on the goal over time; initial goals that are too ambitious often result in frustration or a sense of failure.
- ⇒ Start with a short time frame (e.g., one week) so you can monitor your actions and determine if the goal is manageable.

Examples of SMART Goals

Physical Activity:

- 1) I will walk briskly for at least 15 minutes every day this week.
- 2) I will take the stairs up the 3 flights to my office at least once each day work this week.

Eat Wisely:

- 1) I will include 2½ cups of a variety of fresh, canned, or frozen vegetables in my diet three times a week for the next two weeks.
- 2) This week I will include a minimum of 3 ounces of whole-grains in my daily menu (one ounce is about 1 cup of breakfast cereal, 1 slice of bread, or ½ cup cooked rice or pasta).

Strive For a Healthy Weight:

- 1) I will start using the Food Diary that I found on the MOVE! website and write down everything I eat, starting tomorrow.
- 2) I will cut down on calories by switching to flavored seltzer water instead of soda, starting with this week's grocery shopping.

The Basics of Weight Control

A calorie is a unit of energy. Most foods and beverages contain calories.

To lose weight you need to:

- Eat and drink fewer calories
- Increase physical activity
- Combine the two for the best results

The foods you eat and the beverages you drink provide energy and nutrients. The basic required nutrients are: water, carbohydrates, proteins, fats, dietary fibers, vitamins, and minerals. Carbohydrates, proteins, and fats provide energy in the form of calories. Alcohol (beer, wine, liquor) adds calories without providing nutrition.

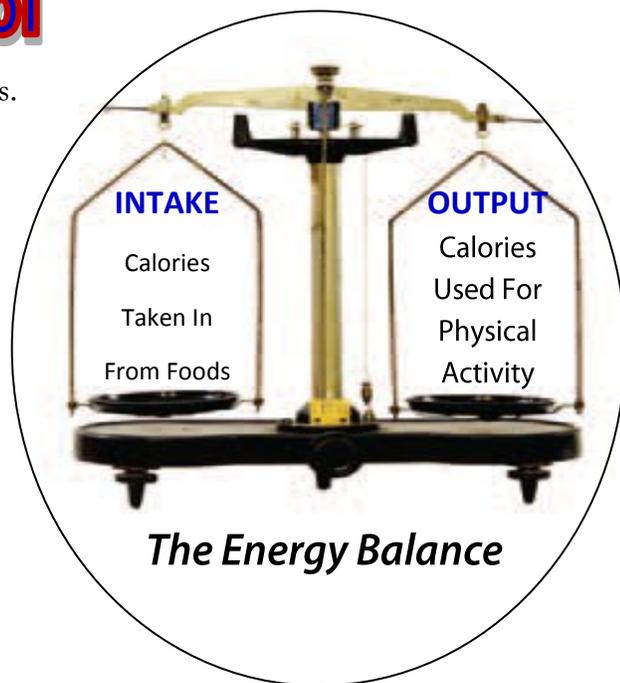
When you take in more calories than you use, you gain weight.

The calories you do not use are stored as body fat. This is true whether these calories came from fats, carbohydrates, proteins, or alcohol.

Use more calories by increasing physical activity. Manage your weight by balancing what you eat and drink with how active you are.

How do you lose weight?

Set your daily calorie goal using this chart.



Current Weight	Daily Calorie Goal
Under 200 pounds	1,200 – 1,500 calories/day
200 – 225 pounds	1,500 – 1,800 calories/day
226 – 250 pounds	1,800 – 2,000 calories/day
251 – 300 pounds	2,000 – 2,500 calories/day
301 – 350 pounds	2,500 – 3,000 calories/day
Over 350 pounds	See a MOVE!® Dietitian

- Find your current weight in the left column. Your daily calorie goal for that weight range is listed in the right column. These calorie goals are designed to help you lose about ½ to 2 pounds per week.
- Expect better results if you use the lower number from the daily calorie goal in the chart above.
- Use a book or online calorie counter to accurately track your calories. Handout *S08, Daily Food and Physical Activity Diary*, can be used to track foods and activities.
- When you make it to the next weight range (for instance, you start at 280 pounds and you now weigh 245 pounds), you will need to reduce your daily calorie goal to that lower level.
- If you weigh over 350 pounds or have diet concerns, talk with the dietitian to help set your daily calorie goal.
- Review your *Daily Food and Physical Activity Diary*. Celebrate successful days. On days when goals were not met, think about what got in the way and consider solutions.
- Remember, you need to have clear, daily calorie and physical activity goals to lose weight.

Strength+Balance+Cardio=Marching

PRECAUTION: Be careful to maintain your balance. Hold onto a stable object (a chair, railing, wall or counter) while doing this exercise.

- Stand, holding onto a supportive railing or the back of a chair or bench.
- Hold on with both hands if you feel unsteady.
- Alternate lifting knees up and down as if marching in place.
- March in place for 3 to 5 minutes.
- Gradually try to lift knees higher and/or march faster toward the end.



MOVE! Staffing updates!

Nancy Gustafson: MOVE! Coordinator

Jessica Vanoverschelde: MOVE! Support Staff

Dr. Lawler: Health Behavior Coordinator

Amanda Hoffer: Physical Activity Leader

Contact the MOVE! Clinic, at (701)239-3700 ext. 3628