

So, You're Not Ready Yet?



When you are ready to lose some weight, the MOVE! Program is here to help you. Contact your healthcare provider for information about MOVE! Also check out the MOVE! Website at www.move.va.gov. In the meantime, here are some things to think about:

- **Is your weight getting in the way of what you really want?** Is it affecting your health? Your energy? Your interest or your joy in doing certain things? Is it making you unhappy? If so, when you are ready, you can change that.
- **Is excess weight affecting your health?** It can damage your heart, your breathing, your joints, your ability to move, your feelings about yourself, and other things. Losing weight is one of the most important things you can do to improve your health. The *MOVE!* Program is ready to help.
- **You are in control of what you choose to do.** If and when you decide to lose weight, do it for yourself!

MOVE!

B02 Version 3.0
www.move.va.gov

