Please remember to mute your speakers.

VA Mobile Discussion Series

For audio, please dial in using VANTS: 1-800-767-1750 pc: 43950#

Thank you for joining. We will begin shortly.
Keeping Veterans Active this Summer with MOVE! Coach

Presenter:
• Lynn A. Novorska, RDN, LDN, MOVE! Dietitian Program Coordinator, VHA Office of Patient Care Service, National Center for Health Promotion and Disease Prevention
Overview of the Discussion

• Overview and Introductions
• VA Technologies for Discussion
  – MOVE! Coach
• Questions
• Closing Remarks and Survey
MOVE! Coach (iOS & Android)

https://mobile.va.gov/app/move-coach#AppTrainingMaterials
Weight Management Program for Veterans

- Comprehensive lifestyle intervention focusing on behavioral weight self-management and healthy living
- Evidence-based curriculum
- Launched nationally in 2006
- Aligned with Whole Health
- Guided by national policy (National VA Directive: Core Requirements for MOVE! Weight Management Program For Veterans (MOVE!) and VA/DoD CPG)

3 Core Components

- Behavior
- Physical Activity
- Nutrition
Components of MOVE!:

- Increased *physical activity*
- Healthier *diet*
- *Behavior* changes

MOVE! offers Comprehensive Lifestyle Interventions
Physical Activity Benefits Many Diseases and Conditions

- Mortality
- CV health
- Cancer
- Brain health
- Pregnancy
- Youth
- Older adults


### Evidence of Health Benefits with Physical Activity

#### Short-Term Benefits
- Improve quality of life
- Improve insulin sensitivity
- Improve **sleep** outcomes
- Reduce blood pressure
- Reduce **anxiety**

#### Long-Term Benefits
- For youth, improve **cognition**
- For adults, prevent 8 types of **cancer** (previously 2)
- For adults, reduce risk of **dementia** including Alzheimer’s disease
- For older adults, lowers risk of **injuries from falls**
- For pregnant women, reduces the risk of **postpartum depression**.
- For all groups, reduces the risk of **excessive weight gain**

#### Disease Management
- Decrease osteoarthritis pain
- Reduce progression for hypertension
- Reduce progression for type 2 diabetes
- Reduce symptoms of **anxiety and depression**
- Improve **cognition** for those with dementia, multiple sclerosis, ADHD, and Parkinson’s disease
Framework:
- Self-Management Guides
- How to Solve Problems
- My Goals & Progress
- Diaries
- Resources
Guides & How to Solve Problems

1. Getting Started
   Week 1

2. Tip the Balance
   Week 2

3. Getting Out
   Week 3

4. What's in Your Food?
   Weeks 4 and 5

5. Fit for Life
   Weeks 6 and 7

6. Trim the Fat
   Weeks 8 and 9

7. Play it Safe
   Weeks 10 and 11

8. Plan for Success
   Weeks 12 and 13

9. You are the Boss!
   Weeks 14 and 15

10. Taking Control
    Weeks 16 and 17

11. Keep it Going
    Weeks 18 and 19

How to Solve Problems

- Find Resources
- Get Support & Encouragement
- Getting Started
- Reducing Calories
- Starting Exercise
- Social Situations
- Thinking Differently
- Motivation
- Managing Other Problems
- Be Positive – Be Strong
How to Solve Problems ➔ Starting Exercise

Starting Exercise

Starting to exercise can be a challenge.

Remember that some activity is better than no activity. Even though many people don’t like it, in order to lose weight and keep it off you need to Start Exercising. These resources will help you to set goals, stay engaged, and avoid boredom with physical activity.

Resources from the MOVE! website to help you increase your activity:

Why Warm-up, Cool-down and Stretch?  
P04

Making a Good Fit! Shoes for Active Feet  
P12

Prevention Tips for Sore Muscles or Cramps  
P13

Physical Activity and Your Safety  
P14

When to Stop Exercising  
P19

Physical Activity Limitations for Certain Medical Conditions  
P21

Increasing Physical Activity for Veterans with Physical or Medical Limitations  
P22

Sample Aerobic Activity Plan for Beginners  
P31

Sample Strength Activity Plan for Beginners  
P32

Sample Flexibility Plan for Beginners  
P33
How to Solve Problems ➔ Be Positive-Be Strong

<table>
<thead>
<tr>
<th>Be Strong</th>
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<tbody>
<tr>
<td>Take a Time Out</td>
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<tr>
<td>Do a Pleasant Activity</td>
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<tr>
<td>Plan a physical/social activity</td>
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<tr>
<td>Change Your Perspective</td>
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<tr>
<td>Distract Yourself</td>
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<td>Calm Yourself</td>
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<tr>
<td>Sleep Tips</td>
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<tr>
<td>Inspiring Quotes</td>
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<tr>
<td>Do a Relaxation Exercise</td>
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<tr>
<th>Plan Activity</th>
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<tr>
<td>Here are some ideas on how to &quot;be positive&quot; so you can &quot;be strong.&quot; Tap the selected item for details.</td>
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</table>

| Go for a drive |
| Go for a run |
| Go for a walk |
| Go for a walk with someone |
| Go out in a boat or canoe |

SELECT RANDOM
Daily Diary Entries

MOVE! Coach
Version 1.0.45 - 45

SELF-MANAGEMENT GUIDES

HOW TO SOLVE PROBLEMS

MY GOALS & PROGRESS

Come Back

Weight Graph: 01/01/2017 - 01/13/2017

Weight: 300
Target: 298
Baseline: 295

Weight Diary

Most recent weight: 262.0 lbs on 01/26/2018

Enter Weight

00 X DONE

January 24, 2018
262.0 lbs.
10:17 AM

January 15, 2018
271.0 lbs.
8:00 AM

January 11, 2018
272.0 lbs.
7:47 AM

January 6, 2018
276.0 lbs.
7:33 AM

January 04, 2018
280.0 lbs.
12:17 AM

Diet Diary

Budget Food Activity Remaining
2500 0 0 2500

Breakfast: 0 Calories

Lunch: 0 Calories

Dinner: 0 Calories

Snack: 0 Calories

Water: 0.0 fl oz

Activity Entry

Budget Food Activity Remaining
2375 0 0 2375

Weekly Physical Activity

Aerobic Strength Flexibility Steps
0 Min 0 Days 0 Min 0

Physical Activity: 0 Calories | 0 Steps

Enter Goal

Enter Food

Enter Activity

Enter Exercise

Enter Water
Example of Physical Activity Goals

Physical Activity SMART goals

Specific
Measurable
Action-Oriented
Realistic
Time-Based

TAP HERE TO REVIEW THE SMART GOALS VIDEO.

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

<table>
<thead>
<tr>
<th>First Physical Activity SMART Goal</th>
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<tr>
<td>walk on treadmill M-F for min. of 45 min.</td>
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<tr>
<th>Second Physical Activity SMART Goal</th>
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<tbody>
<tr>
<td>neighborhood walk 1 day each weekend OR complete yard work/mow lawn</td>
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</table>

TAP HERE TO ADD OR CHANGE CHECK-IN DATE.
Technology can assist with goals

Goal delivery
- Telephone
- Virtual coaching
- Text messaging
Key Physical Activity Guidelines for Adults

• **MOVE more and sit less**
  - Some physical activity is better than none
• For substantial health benefits
  - At least **150 minutes to 300 minutes a week** of moderate-intensity aerobic physical activity
• For additional health benefits
  - More than **300 minutes a week** of moderate-intensity aerobic activity
• **Muscle-strengthening** activities for all major muscle groups on **2 or more days a week**
QUESTIONS?

Please use the chat feature on the right to submit your questions.
Survey

What future topics would you like to discuss?

Let us know by providing feedback at this link:

https://www.surveymonkey.com/r/B2NM3VV