

Hello, we are all from the Sioux Falls VA Medical Center. My name is Ken and I'm a registered dietitian. The videos I'm going to be participating in are going to be showing you some new cooking techniques that will save you calories.

Hello, my name is April and I'm a registered dietitian as well and I'm going to be talking about how you can stay motivated and stick with the lifestyle changes that we are going to be talking about.

Hi, I'm Dale and I'm a physical therapist and I'm going to be talking to you about exercise and I'm also going to show you a few exercises you can start doing in living room tomorrow.

Hi, I'm Amy and I'm a dietitian and I'm going to do a lot of videos on healthy eating, reading food labels and helping you plan ahead and just make some simple changes that can make a big difference in your weight loss goals. Now, before we get started, there are a few things that we want to talk about. Make sure that prior to starting this or any program that includes diet or exercise you should always check with your physician to make sure that it is safe for your individual health issues and medications. Also, if you are taking blood pressure medications or medications to control your blood sugar, you will want to report weight losses to your physician and monitor both your blood pressure and blood sugars, as changes in activity and diet may lower these levels and this may be a risk if your blood pressure would go too low or you would have episodes of low blood sugars. Now, it's important to remember that these videos should not be used as a replacement for medical treatment. If you are a Veteran, I would encourage you to enroll the MOVE program and you can do this by going to www.move.va.gov and you can find out more information or call your local VA health care system and you can ask about enrolling in MOVE. You should have that initial meeting with a registered dietitian. If you are not a Veteran and you are watching these videos, I would encourage you to meet with a local dietitian who specializes in weight management treatments. You can find a local dietitian by going to www.eatright.org and you can click on find a local dietitian and enter in your zip code. Now, it is very important to meet with a registered dietitian because they are going to help you work on individual barriers that might come up.

Throughout these videos, you are going to meet a lot of different Veterans who have lost weight in the MOVE program. Let's meet them now:

I'm Wayne Johnson from Harrisburg, South Dakota, 65, former Army Veteran, two years, in 1968 and 1969 basically is when I was in the service.

My name is Tom Main and I'm 67 years old and Veteran in the Marine Corps and I got into MOVE about a year and a half ago on the recommendation of my primary care physician here at the VA and I've lost 60 pounds since I've been involved in this.

I knew I was needing to lose some weight. I got to where I ballooned out pretty well and I did manage to lose 10 pounds on my own and I was having a problem.

Within six months, I dropped over 20 pounds on the MOVE program just by following the education that I got with MOVE.

My name Preston Vermeer and I knew I couldn't lose on my own and by joining MOVE, it brought me through that 25 pounds that I needed to lose to get me down to the level I'm at now. After a couple of injuries during this process, I was able to maintain the weight loss that I have lost in MOVE and now training even better yet because I'm 25 pounds lighter than I was two years ago.

My name is Mike Drummond and I started back in August of 2009 I believe it was – I had had enough and decided that I needed to do something and I had heard about MOVE and joined it and have done really well in the first year and I've lost over 100 pounds in that first year or so.

My name is Steve Hepner; I'm retired. It has been a good program for me.

I'm Clarence Mardian. I don't think we can just pin it on any one thing what has caused me to lose almost 60 pounds in six months – it is just everything from reading the labels in the grocery store to watching and tracking the food I eat. The thing that I really live about MOVE is that it has really taught me how to eat.

I'm Duane Waack and I've been in the MOVE program for quite a while now. It helps me because I just feel so much better. I had a doctor's appointment too and she brought up the MOVE program and thought maybe I should just learn how to rethink my eating a little bit and that has helped a lot.

To participate in the MOVE video program, we encourage you to print out the handout before you watch the video and, most importantly, print out that food record and complete that food record over the week. We would like to limit it to one video per week, so that you are able to have some time to adjust and learn from that video and handout. You can also visit with your MOVE dietitian or your local dietitian if you are having some struggles but, most importantly, is to keep that food record and you'll find that when you do that, you will have more success with weight control and it is important to remember that some weeks are going to be more challenging than others and the main thing is to not get discouraged, stick with it and congratulations, you're taking the first step towards a healthier lifestyle.