

Healthy Weight Loss Toolkit

Healthy Weight Loss Basics

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Changes in body weight are based on energy intake (food) and energy output (body functions and physical activity).

WEIGHT SCALE

The numbers on the scale represent your current weight. To lose weight, you need to create a calorie deficit.

HEALTHY WEIGHT LOSS

Aim for a weight loss of 1-2 pounds per week.

Setting Healthy Weight Loss Goals

This table can help you quickly calculate a 1-2% weekly weight loss goal.

Current Weight	1%	2%	Current Weight	1%	2%
1,000	10	20	2,000	20	40
1,100	11	22	2,100	21	42
1,200	12	24	2,200	22	44
1,300	13	26	2,300	23	46
1,400	14	28	2,400	24	48
1,500	15	30	2,500	25	50
1,600	16	32	2,600	26	52
1,700	17	34	2,700	27	54
1,800	18	36	2,800	28	56
1,900	19	38	2,900	29	58
2,000	20	40	3,000	30	60

Mindset Shift

A mindset shift can occur over time or in a single "aha!" moment. If you are thinking about building a better relationship with your health, consider asking yourself the following questions:

Are you ready to...



9 Tips for Healthy Weight Loss

9 Tips for Healthy Weight Loss

Here are 9 tips that can help you achieve your healthy weight loss goals.

1 Limit skipped meals.

Skipping meals can lead to overeating later in the day.

2 Practice mindful eating.

Practice mindful eating by focusing on the taste and texture of your food. Avoid distractions like TV or your phone while eating.

3 Healthy balanced snacks are important to keep appetite for longer between meals.

4 Stay hydrated. Drink water until you no longer feel thirsty and are getting enough water throughout the day.

5 Try to eat a variety of foods. Eating a variety of foods can help you get all the nutrients you need.

6 Get enough sleep. Lack of sleep can lead to increased hunger and cravings.

7 Exercise regularly. Exercise can help burn calories and improve your mood.

8 Set realistic goals. Aim for a weight loss of 1-2 pounds per week.

9 Seek support. Consider joining a support group or working with a dietitian.

Benefits of Healthy Weight Loss

- Improves blood sugar and the risk of diabetes.
- Improves joint pain and arthritis.
- Lowers the risk of some types of cancer.
- Improves sleep by lowering the risk of sleep apnea.
- Of these may help feel better!



Weight Loss Toolkit

Yicheng Fang

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name Yicheng Fang.

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