

# Healthy Weight Loss Toolkit

## Healthy Weight Loss Basics

**WEIGHT SCALE**

The numbers on the scale represent your body weight. It is not a measure of health or fitness.

**WEIGHT LOSS**

Weight loss is the difference between your current weight and your goal weight.

**HEALTHY WEIGHT LOSS**

Healthy weight loss is a gradual process that focuses on improving your overall health and well-being.

## Setting Healthy Weight Loss Goals

This table can help you quickly calculate a 5-10% weight loss goal.

| Current Weight | 5%  | 10% | Current Weight | 5%  | 10% |
|----------------|-----|-----|----------------|-----|-----|
| 1,000          | 50  | 100 | 1,500          | 75  | 150 |
| 1,100          | 55  | 110 | 1,600          | 80  | 160 |
| 1,200          | 60  | 120 | 1,700          | 85  | 170 |
| 1,300          | 65  | 130 | 1,800          | 90  | 180 |
| 1,400          | 70  | 140 | 1,900          | 95  | 190 |
| 1,500          | 75  | 150 | 2,000          | 100 | 200 |
| 1,600          | 80  | 160 | 2,100          | 105 | 210 |
| 1,700          | 85  | 170 | 2,200          | 110 | 220 |
| 1,800          | 90  | 180 | 2,300          | 115 | 230 |
| 1,900          | 95  | 190 | 2,400          | 120 | 240 |
| 2,000          | 100 | 200 | 2,500          | 125 | 250 |

## 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

### 7 Limit skipped meals

Skipping meals can lead to overeating later in the day.

Healthy balanced snacks are important to keep appetite for longer periods and longer.

Drinking water before and after meals can help you feel fuller and prevent overeating.

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## 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!

Healthy Weight Loss

# Weight Loss Toolkit

**L Reisser**



## **Weight Loss Toolkit:**

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