

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.

Instead, focus on consistent eating habits. Try to eat every 3-4 hours. This helps you stay "satisfied" and prevents you from feeling "starving" when you next eat.

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

Drink a water bottle until you no longer feel you are getting enough water throughout the day.

By replacing higher calorie beverages with water or herbal caffeine-free options, you can help control your calorie intake.

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

Rhonda DePaul

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

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