

Healthy Weight Loss Toolkit

Healthy Weight Loss Basics

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

WEIGHT SCALE

The calorie scale will show you how many calories you are eating and how many calories you are burning.

Each 3,500 calorie deficit will result in a loss of 1 lb of fat.

HEALTHY WEIGHT LOSS

Healthy weight loss is a gradual process. It takes time to build healthy habits and to see results.

Setting Healthy Weight Loss Goals

This table can help you quickly calculate a 1% 10% weight loss goal.

Current Weight	5%	10%	Current Weight	5%	10%
1,000	50	100	2,000	100	200
1,100	55	110	2,100	105	210
1,200	60	120	2,200	110	220
1,300	65	130	2,300	115	230
1,400	70	140	2,400	120	240
1,500	75	150	2,500	125	250
1,600	80	160	2,600	130	260
1,700	85	170	2,700	135	270
1,800	90	180	2,800	140	280
1,900	95	190	2,900	145	290
2,000	100	200	3,000	150	300

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.
2. Stepping stools can lead to even eating over the day.
3. Healthy food choices matter. Try to eat more fruits and vegetables. Try to eat less processed food.
4. Healthy balanced snacks are important to keep you full and energized throughout the day.
5. Drink a water bottle with you to make sure you are getting enough water throughout the day.
6. Try replacing higher calorie beverages with water or lower calorie beverages like tea, herbal tea, or sparkling water.

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

THE DIETITIAN RESOURCE

Weight Loss Toolkit

Lorraine T. Benuto



Weight Loss Toolkit:

Decoding **Weight Loss Toolkit**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Weight Loss Toolkit**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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