

# 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 | 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

### 7 Limit skipped meals

- Skipping meals can lead to overeating later in the day.
- Healthy balanced snacks are important to keep appetite for longer between meals.
- Drinking water before and after meals can help you feel full.
- Try to eat a meal within 2 hours of waking up and going to bed.
- Try to eat a meal within 2 hours of waking up and going to bed.

## 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

**OECD**



## Weight Loss Toolkit:

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