

# Healthy Weight Loss Toolkit

## Healthy Weight Loss Basics

**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 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.

Other healthy lifestyle tips include:

- Increase your physical activity
- Increase your sleep "hygiene"
- Increase your water intake
- Reduce your stress levels
- Reduce your alcohol consumption

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

• Drink a water bottle until you're ready that you are getting enough water throughout the day.

• By replacing higher calorie beverages with water or lower calorie beverages (herbal tea, unsweetened iced tea, etc.), you can reduce 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.
- These may help you feel better!



# Toolkit Weight Loss

**Ian Peate**

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.

**Toolkit Weight Loss:**

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