

Healthy Weight Loss Toolkit

Healthy Weight Loss Basics

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

WEIGHT SCALE

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

Calorie counting is a tool to help you understand how many calories you are eating and how many you are burning.

HEALTHY WEIGHT LOSS

Healthy weight loss is a gradual process that takes time. It is not a quick fix or a fad diet. It is a lifestyle change that involves eating healthy, being active, and getting enough sleep.

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

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. Drinking fluids can lead to overeating later in the day.
3. Healthy fats (omega-3 fatty acids) are important for heart health. They help you stay "satisfied" and reduce inflammation.
4. Healthy balanced snacks are important to keep appetite for longer periods.
5. Drink a water bottle with you to make sure you are getting enough water throughout the day.
6. Replacing higher calorie beverages with water or low-calorie beverages (unsweetened tea, herbal tea).

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

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Clifford Lane

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

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