

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 numbers on the scale tell you how much you weigh. It's important to know your weight because it helps you understand how much you need to eat and how much you need to move to stay healthy.

WEIGHT LOSS

Weight loss is the difference between the weight you start with and the weight you end with. It's important to lose weight in a healthy way, which means eating a balanced diet and getting enough exercise.

Setting Healthy Weight Loss Goals

This table can help you quickly calculate a 5% to 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.

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

Toolkit Weight Loss

JL Elias

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

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