



## What is Healthy Weight Loss?

People who lose weight gradually and steadily typically are more successful at keeping it off than those who lose weight very quickly. A healthy weight loss is about 1 to 2 pounds per week. Losing weight is not easy! It takes commitment and should include healthy eating and physical activity.

Once you start losing 5 to 10 percent of your weight, you will likely experience health benefits such as improvement to cholesterol, blood sugar, and blood pressure.

## Set Goals:

- Start with knowing what your Body Mass Index (BMI) is, and what range it should be in. Establish small smart success goals. For example, select a goal of 3-5% of your body weight. If you weigh 200 pounds that would be a 6-10 pound goal. Short term goals are often more achievable than long term goals. Make these goals forgiving. When you have a setback, get back on track as soon as possible. Identify

ways to prevent similar setbacks from happening in the future.

## Resources and Support:

- Recruit family members or friends who will support your weight loss journey. This support person needs to be encouraging and there for you to talk with and rely on without judgement. You might be able to find someone with similar goals that each of you can support.
- Continually check in with yourself and your support member to track your progress.
- Walk and/or exercise with your support member.

## Consider the Mediterranean Diet:

- This diet is not a diet, it's a lifestyle change. This is a high protein diet of animal sources such as fatty fish and plant sources such as legumes; rich in healthy fats such as olive oil, nuts, and avocados; low in added sugars; and high in fruits and vegetables and fiber-rich whole grains, brown rice, barley, sweet potatoes, and barley.
- Avoid eating while standing, or while sitting in front of the TV. Instead, sit down at a table and eat with family and friends.

## Manage Portion Sizes:

- It's easy to overeat when you have too much food on your plate. Smaller portions of healthier foods can help prevent you from eating too much.