



## CORE GUIDELINES FOR WEIGHT LOSS

### Recommended Amount of Weight Loss

- Losing 5-10% of your body weight can decrease your risk for cardiovascular disease and certain cancers, as well as improve joint pain and restore energy levels.
- A 10% weight loss for a person weighing 250 pounds = 25 pounds.

What does a 10% weight loss look like for you?

Your weight in pounds \_\_\_\_ X 0.10 = \_\_\_\_\_ pounds.

### Recommended Calorie Goals for Weight Loss

- If you weigh more than 250 pounds, aim for 1500-1800 calories/day
- If you weigh less than 250 pounds, aim for 1200-1500 calories/day

### Keep Track for Success!

There are many ways you can track your foods and beverages via apps on your phone, websites, or simply writing everything down. Recommended apps and websites: Lose It!, MyFitnessPal, MyNetDiary, MyPlate.gov and CalorieKing.com. Refer to pages 6, 17 and 18 in the *Obesity Action Coalition (OAC): Understanding your Obesity Treatment Options* booklet.

