

Comprehensive Guide to Losing Weight in a Healthy Way



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Losing weight in a healthy, sustainable way involves *understanding your body*, tracking your caloric intake and expenditure, and *making gradual lifestyle changes*.

This guide will walk you through the *key components* of healthy weight loss, from calculating calories to developing habits that *help maintain your progress*.



1. Accept That Healthy Weight Loss Should Be Smooth

Sustainable weight loss should be *gradual* to avoid hormonal imbalances, loss of muscle mass, loose skin, and other health and mental issues.

Healthy Weight Loss Rate:

- 1 pound per week is considered a healthy rate of weight loss, which equates to a calorie deficit of about 500 calories per day.
- Per month: Aim to lose around 4 pounds. Rapid weight loss can disrupt your metabolism and may lead to regaining the lost weight, sometimes at double the rate.
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Note: *Rapid weight loss can negatively affect hormonal balance, bone density, and energy levels. A slow and steady approach is crucial for long-term success and overall health.*



2. Assess Your Hormonal Balance

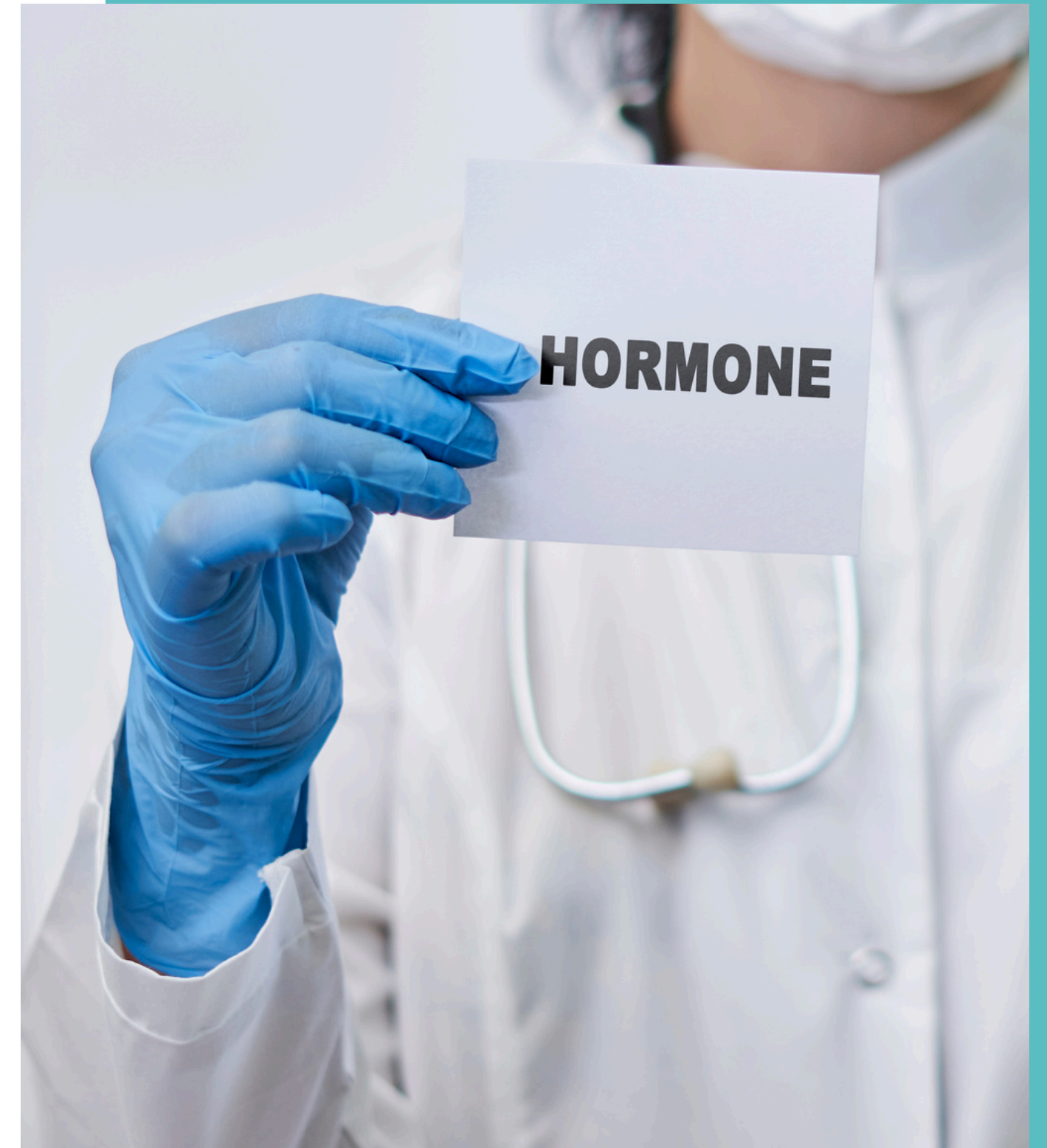
If you have hormonal or other imbalances, losing weight can be difficult despite reduced calorie intake or regular exercise. Assess this first if you're struggling with weight loss.

Check out my guide on essential tests to determine hormonal imbalances—contact me for more information or visit my website to download the guide.

Key Hormones Affected by Weight Loss:

- Leptin: Regulates hunger and fat storage. Sudden weight loss can cause leptin levels to drop, increasing hunger and slowing metabolism.
- Cortisol: The stress hormone. Chronic stress and lack of sleep can raise cortisol levels, promoting fat storage, especially around the abdomen.
- Insulin: Helps regulate blood sugar. Healthy eating habits help maintain balanced insulin levels, preventing excess fat storage.

Important: *To preserve hormonal balance and promote long-term success, weight loss should be approached gradually, focusing on overall health rather than just the scale.*



3. How many calories do you need?

To lose weight, it's essential to understand how many calories you consume and burn daily. *A deficit of 500 calories per day will help you lose around 1 pound per week.*

Step 1: Calculate Your Daily Caloric Needs

1. Use Food Tracking Apps: Enter your information (height, weight, activity level) into apps to estimate your daily caloric needs.
2. Manual Calculation: The Mifflin-St Jeor Equation is a commonly used formula for calculating your Basal Metabolic Rate (BMR).

Mifflin-St Jeor Formula:

•For Men:

$$\text{BMR} = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} + 5$$

•For Women:

$$\text{BMR} = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$$



3. How many calories do you need?

Step 2: Calculate Your Total Daily Energy Expenditure (TDEE).

Once you know your BMR, you need to account for activity levels to calculate your TDEE. Use the activity multipliers below:

Activity Level	Multiplier
Sedentary (little or no exercise)	1.2
Lightly Active (light exercise/sports 1-3 days/week)	1.375
Moderately Active (moderate exercise 3-5 days/week)	1.55
Very Active (hard exercise 6-7 days/week)	1.725
Extra Active (very hard exercise/physical job or 2x/day)	1.9



3. How many calories do you need?

Example: Woman's Weight Loss Journey (20 lbs Goal)

- Weight: 170 lbs (77.27 kg)
- Height: 5'7" (170.18 cm)
- Age: 30
- Activity Level: Walking 3 times a week (moderate)
- BMR: 1,691.33 calories/day
- TDEE: $TDEE = BMR \times 1.55 = 2,622$ calories/day (to maintain current weight)

•Required Caloric Intake for Weight Loss: To lose 1 lb per week, she would need to create a 500-calorie deficit/day, meaning she should consume about 2,100 calories/day.

•Longevity to the Goal: 1 lb of weight loss per week → 20 lbs will take 20 weeks to lose.

Thus, it will take approximately 20 weeks for this woman to lose 20 lbs if she consistently maintains a caloric intake of 2,100 calories per day.



4. How to Achieve a Caloric Deficit

First way: Through Physical Activity

Exercise is an effective way to burn calories. However, high-impact exercises like running can strain your joints if you have significant excess weight. Choose safe and appropriate activities. Always consult your doctor before starting any new exercise regimen.

Here are examples of calories burned during various activities:

Activity	Calories Burned (150 lbs)	Calories Burned (200 lbs)
Walking (Moderate, 30 min)	150	200
Running (Moderate, 20 min)	240	320
Cycling (Moderate, 30 min)	230	300
Swimming (Moderate, 30 min)	250	330
Strength Training (30 min)	200	270
Yoga (30 min)	120	160
HIIT (20 min)	220	290
Dancing (Moderate, 30 min)	180	240
Jumping Rope (10 min)	140	190
Hiking (30 min)	200	270



4. How to Achieve a Caloric Deficit

First way: Through Caloric Restriction from Food

Another method is to consume fewer calories. Here's how:

- Track Calories: Use food tracking apps to monitor your intake and stay within your daily caloric goal.
- Read Food Labels: Check the calorie content on food packages and make informed choices.

Main Idea: *Keep a 500 calorie/day deficit for gradual weight loss.*



5. Create SMART Goals for Weight Loss

Once you've established your caloric deficit, *evaluate* the length of the process.

For example, if your goal is to lose 10 pounds, plan for 2.5 months to lose weight gradually and sustainably.

SMART Goal Framework:

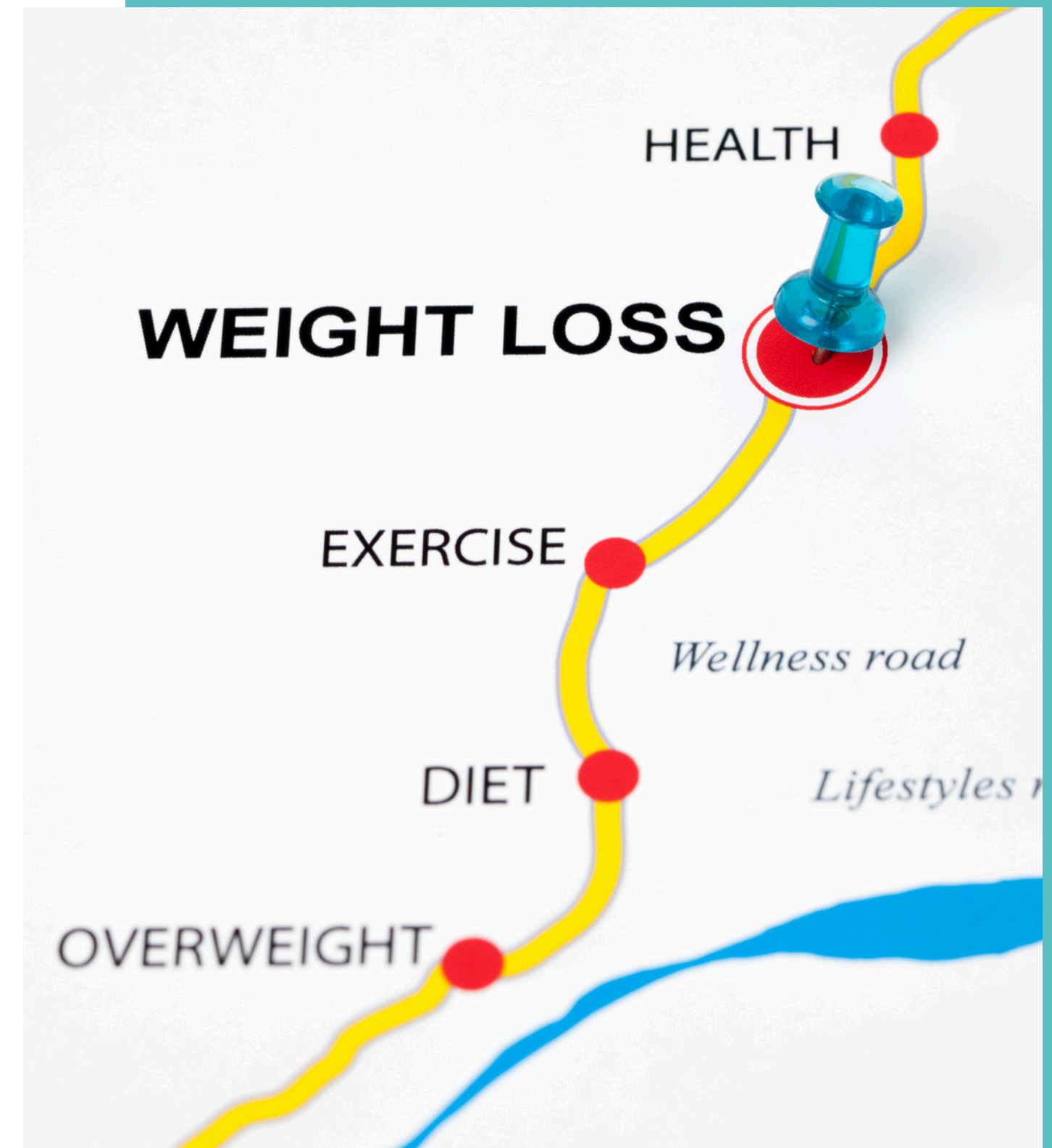
S = Specific: I want to lose weight.

M = Measurable: I know how many calories to consume daily.

A = Achievable: This goal is realistic.

R = Relevant: This goal aligns with your health priorities.

T = Time-bound: You will lose 10 pounds over 2.5 months.



6. Take Small Steps and Build Momentum

The first steps in your weight loss journey are often the hardest, but they become easier with time. It takes a minimum of two weeks to form new habits and create neural pathways in the brain, allowing you to adapt to a new lifestyle.

Tips for Success:

1. Believe in Yourself: Small steps lead to big results.
2. Forgive Setbacks: It's normal to slip up. Just get back on track.
3. Go at Your Own Pace: Don't rush—listen to your body.
4. Cheat Meals are Okay: Don't deprive yourself. Occasional treats help prevent burnout.
5. Create a Supportive Environment: Avoid buying foods that may derail your progress.
6. Seek Social Support: Surround yourself with positive influences who support your journey.
7. Follow Success Stories: Connect with others who are on the same path for motivation.
8. Keeping diets: You can try any diet you like, but make sure to consult with your doctor beforehand. Always remember that your body needs a variety of macronutrients, and restricting some of them can be stressful for your body, which might lead to temptation to abandon your diet.

Be kind to yourself 😊



Conclusion

Losing weight in a healthy way requires patience, a clear plan, and small, sustainable changes. By understanding your caloric needs, setting realistic expectations, and making gradual lifestyle adjustments, you can achieve long-term success.

Setbacks are normal—what matters is your commitment to the process.

Good luck, and stay tuned for more helpful tips and guidance!

You've got this, trust me!

I believe in you!

A close-up photograph of a hand holding a black marker, writing the words "Believe in Yourself" in a cursive script on a white piece of paper. The paper is slightly tilted, and the background is a solid teal color.