

## **Set Realistic Weight Loss Expectations To Boost Feelings Of Achievement And Prevent Burn Out!!**

### **Remember! Just A Moderate Amount Of Weight Loss Of 5–10% Can Have A Major Impact On Your Health!**

- Setting and accomplishing achievable goals leads to feelings of accomplishment.
- People who reach their self-determined weight loss goals are more likely to maintain their weight loss long-term.
- A study using data from several weight loss centres found that women who expected to lose the most weight were the most likely to drop out of the program.
- Even a little weight loss of 5–10% of your body weight can have a large impact on your health. If you are 180 pounds (82 kg), that is just 9–18 pounds (4–8 kg). If you are 250 pounds (113 kg), it's 13–25 pounds (6–11 kg)

### **In fact, losing 5–10% of your body weight can:**

- Improve blood sugar control.
- Reduce the risk of heart disease.
- Lower cholesterol levels.
- Reduce joint pain.
- Reduce the risk of certain cancers.