



Set realistic weight loss expectations to boost feelings of achievement and prevent burnout

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 higher motivation to continue your weight loss journey.

- 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.