

► Workshop: Beginner Weight Loss

Chapter 1, Lesson 1: Weight Loss Benefits



Welcome to the Health Advocate Beginner Weight Loss Workshop! This week, the lessons will focus on educating yourself about basic weight loss benefits—including reasons why we gain weight, how to create your own wellness plan, and tips for setting and accomplishing weight loss goals.

How Do We Gain Weight?

Your body needs energy to function—eating, breathing, circulating blood, adjusting hormone levels, and growth all require energy. The calories we put into our bodies give us the energy we need to perform efficiently. When we need energy, our body tells us it's hungry or thirsty. Our body weight is determined by the amount of calories we consume in relation to the amount of calories we burn. If you are consuming more calories than you are burning, your body stores those extra calories in fat cells.

What Are Some Health Benefits of Losing Weight?

Being at a healthy weight reduces your risk for developing significant health problems like high blood pressure, heart disease, diabetes, sleep apnea, and more. If you already have any of these conditions, they may be improved by losing weight.

What is a Wellness Plan and How Can I Make My Own?

A wellness plan is essentially a self-made program that focuses on bettering your health holistically by assessing your needs, setting goals, and following guidelines for diet, exercise, and/or stress management. Write down a list of weight loss goals you wish to achieve and ways you will go about reaching them.

Tips for Setting and Accomplishing Goals

Setting weight loss goals, both short-term and long-term, can keep you focused and motivated as you transition to a healthier lifestyle. Here are some tips for setting goals:

- **Use short-term goals to accomplish long-term goals.** For example, saying you will “exercise three times a week” is a good short-term goal to accomplish your long-term goal of “losing 35 lbs.”
- **Don't set unrealistic or overly aggressive goals.** For example, trying to lose 10 pounds a week can undermine your weight loss efforts if you don't reach your goal.
- **Be ready to adjust your goals.** If you find you are having trouble accomplishing one of your goals, adjust it so it is more attainable.

Next Steps

1. Read “Interested in Losing Weight?”
2. Read “Set Your Weight Loss Goals”
3. Take the Chapter 1 quiz

Remember

Achieve healthy weight loss by changing your diet and exercise levels.