

Sustainable vs. Unsustainable Weight Loss



SUSTAINABLE WEIGHT LOSS

Is a type of weight loss that can be maintained over a long period of time which results from healthy diet and lifestyle habits

HOW TO ACHIEVE SUSTAINABLE WEIGHT LOSS

Make healthier food choices/practice mindful eating, at least 30 minutes of physical activity/day, and set SMART goals.



Example: If wanting to lose weight, set a realistic and healthy goal of sustainably losing 1-2 pounds/week through healthy eating and exercise



UNSUSTAINABLE WEIGHT LOSS

Is a type of weight loss that can be achieved in a short period of time, and quickly gained back, that results from unhealthy habits.

HOW TO AVOID UNSUSTAINABLE WEIGHT LOSS

Avoid FAD diets, weight loss supplements & making fast/unrealistic goals; consume all major food groups (even carbohydrates).



Example: You lost 10 pounds in a week after trying a new FAD diet learned from the internet is considered unsustainable weight loss