

TIPS FOR WEIGHT LOSS

SET A REALISTIC GOAL

A general recommendation for weight loss is a 0.5-1 pound weight loss per week. When the caloric deficit is too great, it may produce an initial rapid weight loss; however, this is not sustainable, may reduce metabolic rate, and may lead to a rebound weight gain. The healthiest and most sustainable weight loss is one that is accompanied with a plan.

COME UP WITH A SUSTAINABLE PLAN

Cutting out "bad" foods is usually the first step for individuals looking for weight loss. Restriction can lead to intense cravings and overeating when foods are reintroduced. Allow for all foods to fit into your dietary habits to promote the most sustainable weight loss followed by weight maintenance.

REMAIN IN A CALORIC DEFICIT

Weight loss is achieved through a caloric deficit. A general recommendation for healthy weight loss is to remain in a caloric deficit between 250-500 calories per day. Caloric deficits greater than 500 calories per day are not advised, as they can result in nutrient deficiencies, loss of lean mass, decreased energy levels, and improper total body functioning.

REACH PROTEIN GOALS

During the weight loss process, it is important to preserve lean mass (muscle mass). A decrease in lean mass leads to decreased strength and reduced metabolic rate.

RECORD ALL MEASURES OF PROGRESS

Although weight loss is most times centered around the number on the scale, it is more important to keep records of other measures such as energy levels, body composition, sleep habits, recovery, occurrence of injury, mood, improved performance, etc.

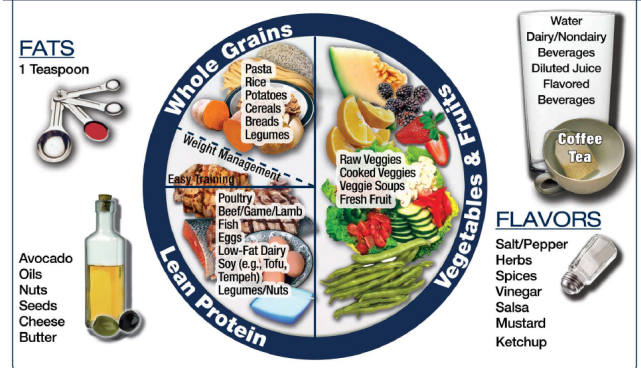
FOODS TO FUEL

- 1 Choose high quality calories such as low-fat dairy, whole grains, lean proteins, oily fish, nuts and seeds, and plenty of produce like fruits and vegetables.
- 2 Ditch the "eat less to lose more" mindset. Your body still requires a significant amount of calories to function. Make sure you are honoring your hunger and working towards sustainable weight loss.
- 3 Focus on foods first. Although supplements can also help you achieve your goals, it is best to always choose real foods, which will provide you with the greatest nutritional benefit.

Use this plate as a visual for structuring your plates for weight loss.

ATHLETE'S PLATE

EASY TRAINING / WEIGHT MANAGEMENT:



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program. For educational use only. Print and use front and back as 1 handout.

Weight loss should always be fueled with a realistic goal and accompanied with a plan. To promote successful and sustained weight loss, working with a health professional, like a Registered Dietitian, is always encouraged.