

## **How Can I Lose Weight?**

There is no magic formula for weight loss. You must eat fewer calories than you burn. Just how many calories you burn daily depends on factors such as your body size and how physically active you are.

If you have to lose weight, it's important to do so slowly. Aim for losing no more than 1 pound to 2 pounds a week. One pound equals 3,500 calories. So, to lose 1 pound a week, you need to eat 500 calories a day less or burn 500 calories a day more than you usually do.

Try starting with a weight loss of 10 percent of your current body weight over 6 months. This is the healthiest way to lose weight — and importantly — it offers the best chance of long-term success.