



# CALORIC INTAKE/WEIGHT LOSS

**TASK:** Discuss the key elements of weight loss and weight maintenance.

**CONDITIONS:** Discussion – Q&A

**STANDARDS:** The Soldiers will understand the key elements of weight loss and weight maintenance.



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**The key to achieving and maintaining a healthy weight is establishing a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories consumed with the calories expended.**

The causes of XS weight gain are many.

Can you name the top 5 causes of weight gain?

[overeating, high calories from fat, XS calories from sugared beverages, limited physical activity, programmed behavior ('clean your plate if you want to play')]



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## The top three weight gain pitfalls

- 1. Too many calories consumed.** The typical serving sizes have increased significantly over the last 30 years. Many common foods are highly processed and contain too many calories from fat and/or sugar. Sadly many of these foods lack flavor and fiber that can leave us wanting something else.
- 2. Too few calories burned.** We live in a world of convenience – remotes, computer games, free delivery, microwave meals; the list goes on. Our lives are filled with obligations that limit physical activity. Often physical activity does not effectively offset the amount of calories consumed.
- 3. Liquid beverages.** Carbonated beverages have replaced milk as the primary drink for children. The calories in beverages are often not considered as part of our daily calorie intake, therefore, leading to an XS amount of calories consumed from sugar. Fruit juice is thought to be a better beverage choice. However, fruit is high in natural sugars; the more fruit juice drank, the higher the calorie intake from sugar. [Water has no sugar or calories and is more refreshing]



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## SMART Start Goals

**S is for Specific:** Make a plan. What will you do for weight loss?

**M is for Measurable.** Make small goals that add up to the overall goal. How much do you want to lose? Break it down into 5# or 10# goals.

**A is for Action-Oriented.** Commit to do it. Decide your goals and stick with the plan.

**R is for Realistic.** Make goals that are reachable for you. What did you weigh when you were 13 years old? Is it realistic to set that as a goal now?

**T is for Time-Based.** Give yourself a deadline. The recommended rate of weight loss is 3-8# per month. When will you meet your goal?

There is actually only one way to lose weight. Can you name it?  
[Consuming less calories than your body burns in a 24 hour period]

Think SMART about weight loss and eating less calories.