

The Science of Weight Loss

There are three main aspects to weight loss:

- > nutrition**
- > sleep**
- > exercise**

By paying attention to all three, you're more likely to see results.



53%

of Americans would like to lose weight⁽¹⁾

NUTRITION

The typical American diet exceeds recommended calories from solid fats and added sugars, refined grains, sodium and saturated fats.⁽²⁾

90% of Americans eat more sodium than is recommended.

Reducing sodium intake would save up to

\$20 BILLION

a year in nationwide medical costs.⁽³⁾

WHAT'S THE BEST WAY TO LOSE WEIGHT?



Experts recommend lean meats, poultry, fish, beans, eggs and nuts, while limiting trans fats, sodium and added sugars.⁽⁴⁾



DRINKING WATER before and during meals can also help with weight loss, as well as maintaining a proper diet.⁽⁵⁾

EXERCISE

Regular exercise can help you lose weight. Exercise has been shown to reduce stress, increase productivity and reduce the risk of heart disease, diabetes, obesity and more.

Inactive adults

LOSE BETWEEN
3-8%

of their muscle
mass per decade.

WHAT'S THE BEST WAY TO LOSE WEIGHT?



RESISTANCE TRAINING

helps increase the
strength, tone and
amount of muscle
you have.⁽⁵⁾



DIETS THAT YOU CAN TRY FOR WEIGHT LOSS

KETO

Low in carbs, moderate in protein and high in fat. Premise: the human body was designed to run more efficiently burning fat instead of sugar.

PALEO

High in protein, vegetables and seeds. Anything processed, such as pasta, cereal or candy, is out. Eat like the cavemen did.⁽⁶⁾

SOUTH BEACH

High in protein and healthy fats. Low in some types of carbs, though you don't have to completely cut them out of your diet.⁽⁷⁾

VEGAN

Plant-based foods and beverages only, eliminates all animal-based products, including eggs, meat and dairy products.⁽⁸⁾

DUKAN

Low fat and low carb. Designed around a permanent lifestyle change that helps you reach your "true weight" and keep it there.⁽⁹⁾

SLEEP

Adults (ages 26-64) should get seven to nine hours of sleep per night. Insufficient sleep impacts the hormones ghrelin and leptin, which influence hunger and energy balance.⁽¹⁰⁾



MORE THAN 1/3

of U.S. adults aren't getting enough sleep every night.

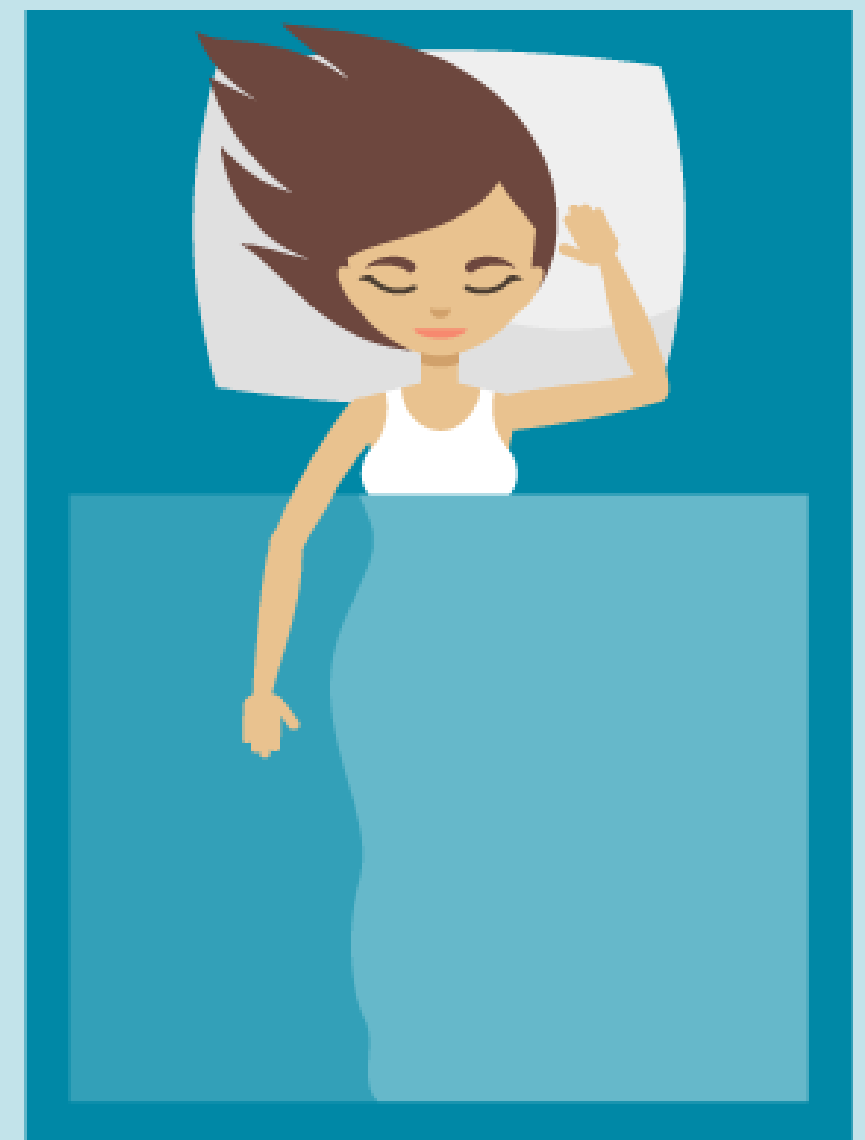
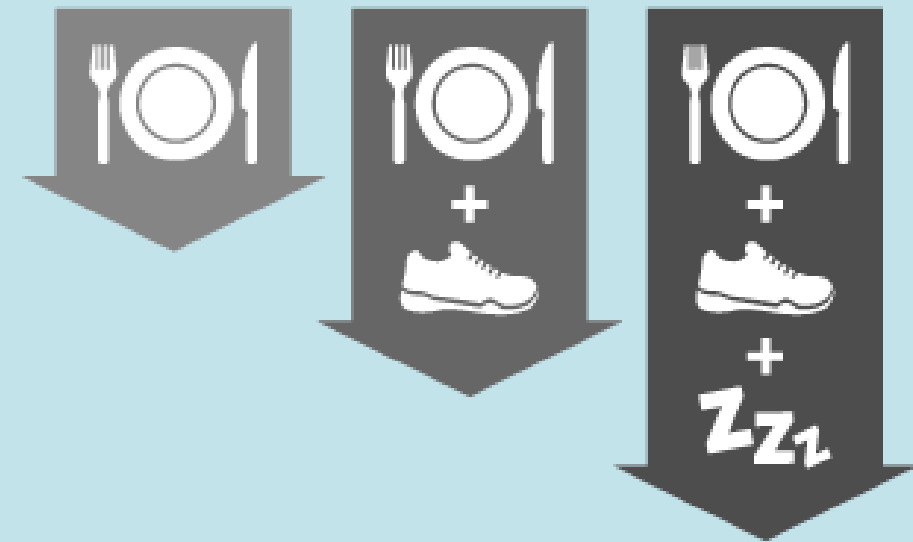
When we don't get enough sleep, we

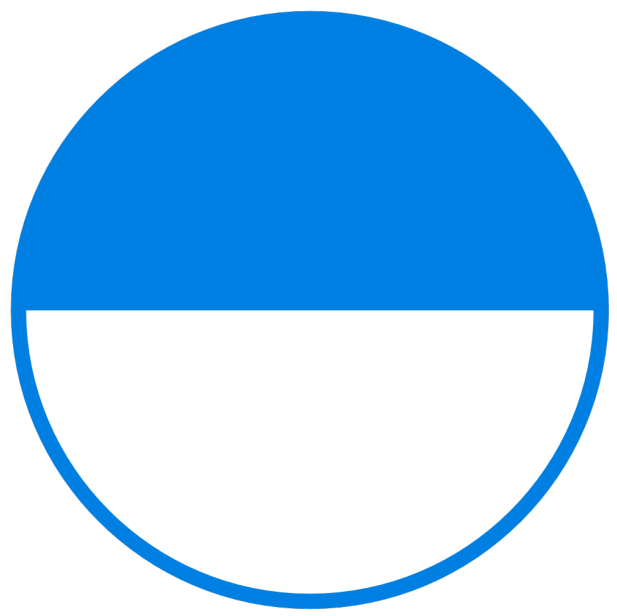
INCREASE THE RISK

for high blood pressure, heart disease and stroke.⁽¹¹⁾

By sleeping well, your brain has the chance to recharge, rest and get ready for optimal performance the next day.

WHAT'S THE BEST WAY TO LOSE WEIGHT?





SOURCES

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