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Cruxpoint Health Breakthrough, Inc.

Do These to Lose Weight and Keep It Off

1. Create a Sustainable Calorie Deficit (But Not an Extreme One)

Weight loss fundamentally requires a calorie deficit, but how you create it can determine whether the weight stays off long-term.

What to do

- Focus on whole foods: lean proteins, vegetables, fruits, whole grains, beans, nuts.
- Reduce ultra-processed foods and liquid calories (soda, juice, alcohol).
- Aim for a moderate deficit (e.g., 300–500 calories/day), which the body tolerates without triggering rebound hunger or a major metabolic slowdown. Do not eat to “full full,” eat to 80% full.

Why it matters

- You lose weight while still supporting your metabolism.
- This approach is one of the most reliable predictors of long-term success.

2. Prioritize Protein and Strength Training

Muscle is your metabolic engine. When dieting without strength training, you can lose muscle along with fat—which can make weight regain more likely.

What to do

- Eat 25–35g protein per meal (or about 0.8–1.0 grams/lb of goal body weight per day).
- Lift weights 1-2 times per week (bodyweight training also works).
- Stay active daily (steps, movement breaks, light cardio).

Why it matters

- Preserves (and can build) muscle so metabolism doesn't drop as much during weight loss.
- Controls hunger more effectively than carbs or fats alone.
- Makes long-term maintenance significantly easier.

3. Improve Sleep Quality and Stress Management

Many people undervalue this area, yet sleep and stress can strongly influence appetite, cravings, and consistency.

What to do

- Aim for 7–9 hours of consistent sleep.
- Limit screens 1 hour before bed; keep the room cool and dark.
- Use stress-reduction tools: deep breathing, meditation, walks, journaling.

Why it matters

- Poor sleep can increase hunger hormones (ghrelin) and reduce fullness hormones (leptin).
- Stress can drive emotional eating and stronger cravings.
- Better sleep improves decision-making and self-control.

4. Build Systems, Not Willpower

Long-term weight management is driven by habits and environment more than motivation.

What to do

- Plan meals or keep a short list of go-to meals you enjoy.
- Keep tempting foods out of sight (or out of the house).
- Use simple plate-building templates.
- Track something simple: meals, calories, or even just weight trends.

Why it matters

- Makes healthy choices more automatic.
- Reduces the mental burden of daily decision-making.
- Prevents reliance on willpower, which naturally fluctuates over time.

5. Think Long-Term: After the Diet Matters More Than During It

Many people can lose weight; the bigger challenge is maintaining it. Planning for maintenance from the start is essential.

What to do

- Once you reach your goal, slowly increase calories to maintenance.
- Continue strength training—it's one of the strongest predictors of long-term maintenance.
- Weigh yourself or measure progress weekly or daily.
- Keep 1–2 “checks” in your routine (step count, meal planning, weekend strategy).

Why it matters

- Helps your metabolism adapt upward gradually rather than rebounding.
- Prevents the regain cycle many people experience.
- Creates a stable, sustainable lifestyle instead of a short-term diet.