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How Long Does It Take to Lose 100 Pounds?

What's a Safe and Sustainable Rate of Weight Loss? Most medically recognized guidance considers:

- 1 to 2 pounds per week as a safe and maintainable rate
- Faster loss is possible early on, but it is not usually maintainable or safe for long periods
- People with more initial weight to lose sometimes lose slightly faster in the beginning (water, glycogen shifts), but the average settles into the 1-2 lb/wk range

How Long It Takes to Lose 100 Pounds

- At 1 lb per week → ~100 weeks (~23 months)
- At 1.5 lb per week → ~67 weeks (~15 months)
- At 2 lb per week → ~50 weeks (~12 months)

The Most Realistic Range

For someone using an excellent, consistent, and sustainable approach (balanced nutrition, caloric deficit, strength training, cardio, sleep consistency):

- 12-18 months is the most realistic range
- ...with 9 months being possible for unusually high consistency, and 24+ months being perfectly normal for a gentle, sustainable pace

Why 12–18 Months Is Ideal

Because an “excellent approach” means:

- You’re not starving yourself
- You’re preserving muscle mass
- You’re keeping hormones, metabolism, and mood stable
- You’re building habits that last
- You’re avoiding weight-regain rebound cycles
- You can still live a normal social life

Faster loss (like 3–5 lb/wk) is usually only seen:

- In medically supervised very-low-calorie diets
- With medications
- After bariatric surgery

...and these are not typical “excellent lifestyle approaches.”