



### Manage Your Weight Easily by the Numbers!

Did you know that 3500 calories equal a pound of fat? That can add up pretty quickly especially during the holiday season!

Did you know that if we break that down to a daily deficit of 500 calories, we can lose one pound of fat per week? That's 500 (calories) x 7 (days) = 3500 calories.

Did you know that if you break that down to a daily 250 calories burned, and 250 less calories consumed, that you'd lose one pound of fat per week?

How steadily are you losing weight now? How many 'diets' have you tried? Did you regain weight?

Studies support that a combination of **regular** exercise and a healthy diet results in a more stable and manageable weight. Make your weight journey easier by adding regular exercise! An estimated 100 calories are burned walking one mile, depending on current weight and intensity of exercise.



The image shown is a model of 5 pounds of fat that I have placed on a large dinner plate.  
(No real fat was harmed in the making of this photo)

Here's how the MyFit500 works:

**One pound of fat**

**3500 Kcal**

To lose one pound of fat you must:

- Burn off **3500** calories **OR**
- Reduce consumption of **3500** calories

www.myfitscript.com 2013

**Make it manageable!**

500 kcal 500 kcal 500 kcal 500 kcal 500 kcal 500 kcal 500 kcal

➤ 500 kcal x 7 days/week = 3500 kcal

↓

250 kcal Exercise more.

250 kcal Eat less.

**Little more + Little less = BIG results!**

www.myfitscript.com 2013