

**Weight Loss Involves Knowing the… NUMBERS.**
About having an idea how many calories you consume
and/or burn a day.

One Pound = 3,500 Calories

One pound of fat is about the size of one pound of
 butter.

To lose 1 Pound a week, you must
cut  and/or burn 
an extra 500 Calories a day.
(500 Calories a Day x 7 Days = 3,500 Calories
= 1 Pound Lost Per Week)