

## How would losing weight make a difference?

For adults, losing just a little weight – even half a stone or a stone – can bring important health benefits. If you lost 5 to 10% of your weight, it could reduce your blood pressure, risk of diabetes and blood cholesterol levels.

This chart gives you an idea of what 5% or 10% weight loss would mean in actual weight. Remember, it is best to lose weight gradually at a rate of about 1–2lb (½–1kg) a week, so it could take at least three to six months.

Starting weight	5% means losing	10% means losing
11 stone (70kg)	8lb (3.5kg)	1 stone 2lb (7kg)
14 stone (89kg)	10lb (4.5kg)	1 stone 6lb (9kg)
16 stone (102kg)	11lb (5kg)	1 stone 8lb (10kg)
18 stone (115kg)	13lb (6kg)	1 stone 11lb (11.5kg)
20 stone (127kg)	1 stone (6.5kg)	2 stone (13kg)