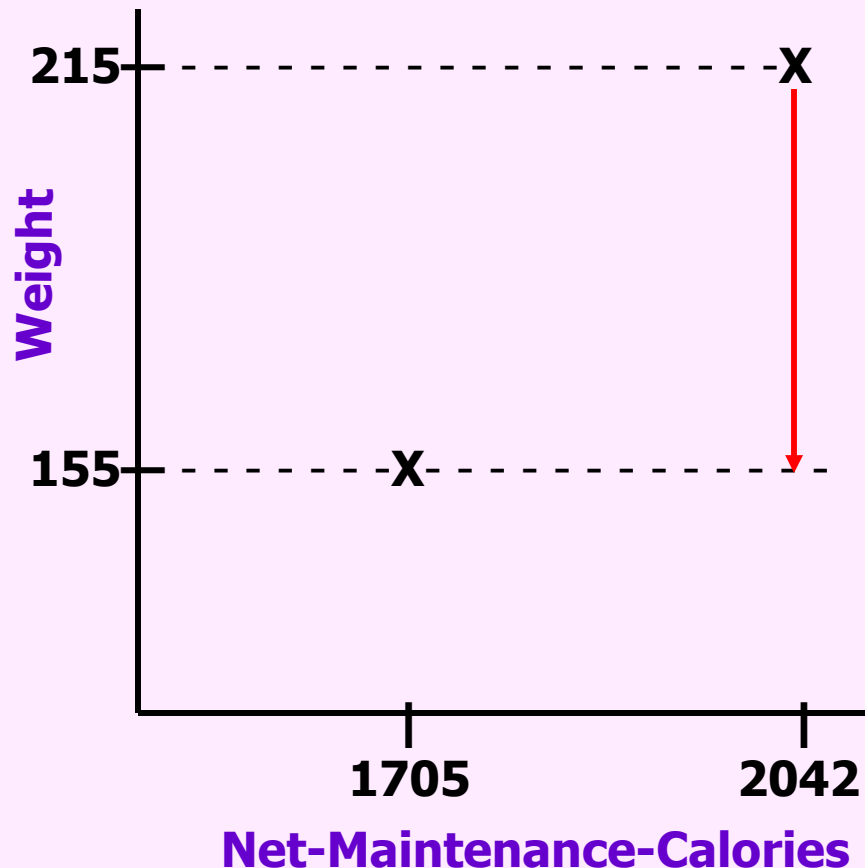


# How to Stabilize at Your Goal Weight

*Know Your Net-Maintenance-Calorie Target!*

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When starting at 215-lbs. a permanent reduction in NET Energy Balance of 337-calories is required to maintain at the goal weight of 155-lbs. This can be done with any combination of diet and physical activity (PA):