

SETPOINT WEIGHT THEORY

MaKai Nutrition LLC

SETPOINT WEIGHT

YOUR IDEAL WEIGHT

Your setpoint is:

- The weight you maintain when you listen and respond to your body's natural signals of hunger and fullness
- The weight you maintain when you don't fixate on your weight or food habits
- The weight you keep returning to between diets
- At our set point weight we FEEL our best- mentally and physically. Our bodies are in balance.

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Bacon, Linda. (2010). Health at every size : the surprising truth about your weight. Dallas, TX :BenBella Books,



SETPOINT WEIGHT

YOUR IDEAL WEIGHT

What affects your setpoint:

- Intentional weight loss.
- Food restriction (intentional or food insecurity)
- Chronic disease.
- Sleep.
- Stress.
- Life stage (range between 10-20 lbs on average).
- Medication.
- Viruses and Bugs.
- Nutrition and Movement.

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HOW TO FIND YOUR SETPOINT



DITCH THE DIET

Continuing the diet cycle will continue to work against your natural setpoint weight. Heal your relationship with food and listen to your body



ALLOW YOUR BODY TO CHANGE

Holding onto unrealistic body standards keeps you in a restrictive mindset. Your weight may go past your setpoint as you heal.



PATIENCE

This takes time and may take healing from previous restriction. Give it time. Stick to your WHY.



BODY RESPECT

Body respect will allow you to be at peace with yourself through all stages of life. This is a "practice" that gets easier with time.

How long will this take?



3 Months



6 Months



1 Year +

SOMETHING TO REMEMBER:

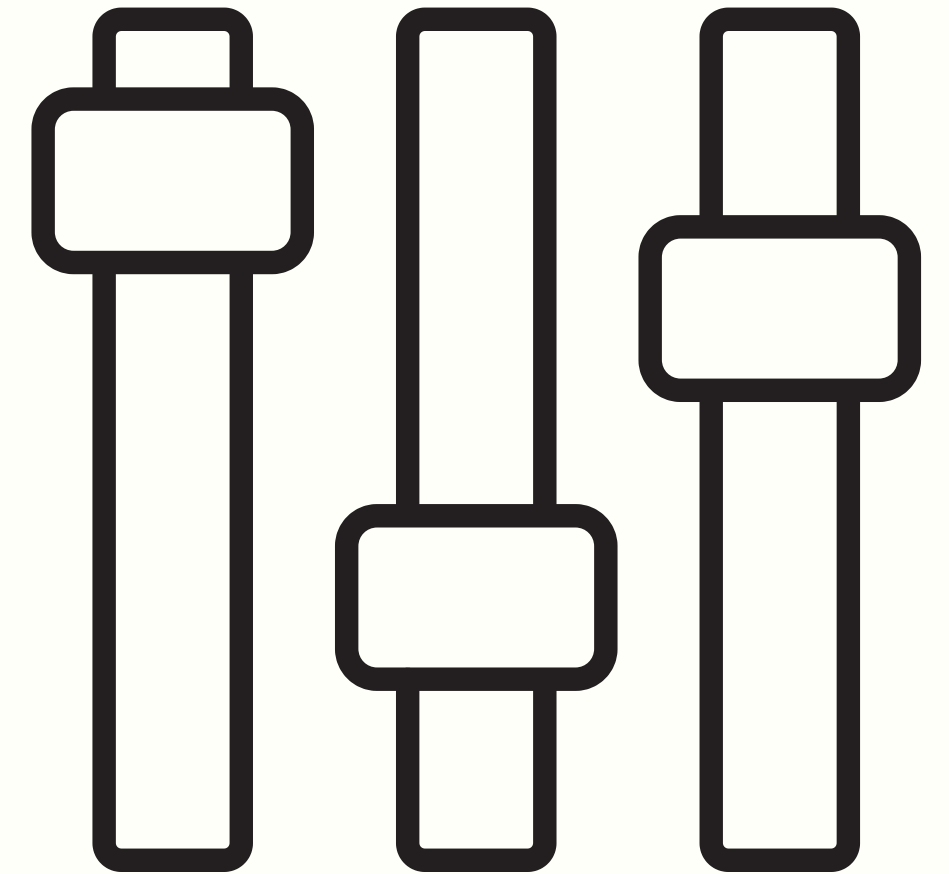
**We could all eat exactly the same
and workout exactly the same
and still look very different with
very different health outcomes**

”

-MARISSA KAI MILUK, RDN, LD

GIVING UP CONTROL

WE CANNOT CONTROL OUR SETPOINT WEIGHT



Questions? Thoughts?