

[MUSIC PLAYING]

Depending on your diet plan, your participation, and your follow-through, your weight loss is really going to depend. What we like to do in weight management instead of looking at pounds lost is more looking at percent of your weight lost, because everybody starts at a different weight. The newest research is really showing that within about 26 weeks, the average weight loss is about 12% of your body weight. What this means is for a person that's 230 pounds, the average weight loss in six months would be about 28 pounds.