Losing weight is simple math: calories in and calories out. In order to lose weight, you need to burn more calories than you consume. Establishing a daily caloric goal and designing an exercise program are simple ways to lose a healthy amount of weight in about 6 months.

Step 1

Determine your caloric needs. Multiply your weight by 12. This is the number of calories you need in order to lose weight at a steady pace. To lose 1 pound, you typically need to burn 3,500 calories. This can be done with diet and exercise.

Step 2

Create a healthy eating plan designed around how many calories you are allowing yourself per day. Try to fill up on fruits, vegetables, lean proteins and whole grains. All of these are great sources of protein and fiber that keep you feeling full longer.

Step 3

Learn portion control. This is essential in determining how many calories you are consuming. By studying the nutritional information on what you purchase, you can learn not only how many calories per serving, but how many calories are in the product. Be careful at restaurants; the portions can be double or triple a recommended serving. Ask for a to-go box at restaurants at the outset and cut your meal in half.

Step 4

Add weight training to your regimen. Muscle burns more calories than fat so as you gain muscle you burn more calories doing daily activities. If you want to develop long, lean muscles without bulking up, try an exercise regimen such as pilates or yoga. Using these types of exercises you will build muscle and increase your balance and core strength.