

That Crazy Scale! Featuring Evelina

Special guest appearance by Daisy and Joolie

The body weight scale tortured A LOT of people and...it doesn't have to! What can YOU do to avoid the traps and pitfalls of an obsession with body weight?

Evelina suggests:

"Set the scale aside! It's one of the WORST indicators of your Fitness progress."

"We are all built differently! Fixating on one indicator makes it easy to skip the elements of fitness we LOVE and help our motivation from within."

"Keep a record of what foods help you operate and feel well! Variations are ok and really important."

Daisy suggests:

"You gotta give it time! Change doesn't happen overnight."

"I don't even own a scale..."

"Listen to reputable fit pros. Lot of crap out there and you need to be careful!"

Joolie suggests:

"Be kind to yourself! Like Evelina said, life can leave you scared. Don't make it worse with harsh words directed inward!"

Gabriel suggests:

"Take the time to recognize where and when your struggle with the scale (or any element of health and wellness) truly began. Much can be learned from these experiences."

"Keep a record of the foods you are eating. They're a blueprint that can be very useful!"