

Are You Focusing Too Much on a Weight Loss Scale for Your New Year's Weight Loss Goal?

By: Shelley Beaumont, ISSA Certified Personal Trainer, Fitness Forum Sports & Wellness

The scale can be an important and useful tool for reaching or maintaining weight loss for many people, but for others it can be a negative experience and even stand in the way of success. There's nothing more frustrating than stepping on the scale after sticking to your new program and seeing a slight increase in your number. Or maybe the scale shows no progress at all when you've been doubling-down on your workouts. For some people, these negative experiences even trigger negative symptoms, such as anxiety and disordered eating.

Unfortunately the number you see on the scale is not the best representation of body changes because it is a factor of MANY things—not just your weight! Your body weight can easily (and normally) fluctuate +/- 5 lbs on a daily basis just based on how much water you've drank, what and when you ate, what time you're weighing in and even your sleep quality. Not to mention that when a person loses a significant amount of weight, often the number on the scale will go up because of building muscle from exercise. Remember, the scale is very simple. It measures everything: your bones, muscles, organs as well as what you had to eat or drink before you stepped on the scale.

If you want to accurately measure and track your weight loss and muscle development, I recommend ditching the scale and using other tools such as:

- A tape measure—record measurements of arms, waist and thighs on a regular basis to track improvements.
- Your clothes—the way your clothes fit your body will tell you the real story about whether you're getting weight loss results. Are they feeling more comfortable? Are you able to move better in them? If so, then your body is changing!
- Before and After photos—these are a sure-fire way to capture your progress! Twice a month, wear the same clothing and snap a selfie from the same angle each time. Just remember to take a picture at the same time of day—preferably right when you wake up, before breakfast—to render the most consistent results.
- Body fat test—here at Fitness Forum we offer FREE Fitness Assessments on a regular basis to all members. A body fat test is part of this assessment!
- A fitness tracker—fitness trackers can help you track your activity levels, heart rate, and food, which can help you gauge progress over time.

If you'd like some help with your New Year's goals, give me a call at 574-936-2333 and just ask for Shelley. You are also welcome to come visit us and get a FREE DAY PASS with a tour of our facility! We are open Monday & Wednesday: 5am-8pm, Tuesday & Thursday: 5am-9pm, Friday: 5am-6pm and Saturday: 7am-2pm.