

Your Midyear Metabolic Check-In

10 Signs Your Body
Is Changing
(Even When the Scale Isn't)



CARRIE REEDY
*Functional
Nutrition*

If you've ever felt like you're doing everything right but the number on the scale won't budge, this is for you.

Metabolism isn't just about weight. It's about energy, sleep, mood, digestion, inflammation, and how you feel in your body every single day.

Here's how to measure real progress.

1: ENERGY AND VITALITY

Sign 1: You wake up feeling refreshed rather than exhausted

Restorative sleep is a key sign that your hormones and blood sugar are stabilising overnight.

Sign 2: Your energy stays steady throughout the day without caffeine or sugar crashes

Sustained energy across the day means your body is managing blood sugar more efficiently and accessing fat for fuel.

2: BLOOD SUGAR BALANCE

Sign 3: Your cravings for sugar and starchy foods are reducing

Fewer and less intense cravings are a reliable sign that blood sugar is stabilising and insulin sensitivity is improving.

Sign 4: You can comfortably go 4-5 hours between meals without feeling shaky or irritable

This is your body learning to access stored fat for fuel rather than depending entirely on frequent carbohydrate intake.

3: INFLAMMATION AND DIGESTION

Sign 5: You are less bloated, especially after meals

Reduced bloating reflects positive changes in your gut microbiome and digestive function, both of which have a direct flow-on effect to metabolism and immune health.

Sign 6: You have less joint stiffness, morning puffiness, or skin reactivity

These are observable signs of reducing systemic inflammation. They often improve before any change shows on the scale.

4: HORMONAL WELLBEING

Sign 7: Your sleep quality is improving – fewer night wake-ups, more restorative rest

Quality sleep is where most hormonal repair happens. Improvement here is one of the most meaningful metabolic shifts you can make.

Sign 8: Your mood is more stable and your thinking is clearer

Reduced brain fog and more even moods often reflect improvements in blood sugar balance, gut health, and hormonal regulation working together.

5: BODY COMPOSITION

Sign 9: Your clothes are fitting differently, especially around your waist

A changing waist measurement, even with a stable scale weight, signals a meaningful shift in body composition – specifically a reduction in visceral fat.

Sign 10: You feel less puffy or swollen, and your measurements are reducing

Reduced fluid retention and improving body measurements are signs that inflammation is easing and your body composition is shifting in the right direction.

Take a moment right now.

Tick every sign you have noticed in the last 4 weeks.

Even two or three ticks means

your body is responding.

This is your real progress report.

**Want personalised support to understand what
YOUR body is telling you?
Book a complimentary phone call
at www.carriereedy.com**

**Carrie Reedy | Functional Nutritionist | carriereedy.com
Specialising in women's health, menopause, and lipoedema**