

TO WEIGH OR NOT TO WEIGH?

The scale is neither good nor bad: it depends on how you use it. Many people give a \$20 bathroom scale way too much power. You wake up to your alarm and head to the bathroom, a trace of anxiety lingers. Will you be up? Will you be down? Will it be a good day? You go pee, take off any heavy clothing (or strip down to nothing!) and step on the scale. You're hopeful that the number magically dropped- because then you'll have a good day! You'll be happy, confident, motivated to keep going. But, if the number goes up, you'll be defeated, and perhaps you'll punish yourself by going to the gym for extra cardio, or vow to eat only vegetables for the day.

The scale is not a measure of our self-worth or progress, yet all too often we let the scale tell us how we should be feeling about ourselves. We let the number on the scale dictate how happy we feel. Here are two HUGE limitations of the using the scale to measure results:

1. The scale fluctuates- a lot. It's easy to go up and down by 5 or more pounds within a few hours. The scale measures your grand total of muscle mass, body fat, bone, water, and clothes (though I'm pretty sure most of us do our weigh ins naked or pretty close to it!). Once you start strength training, you'll also build muscle. It takes a few weeks for most people to gain muscle mass - but this DOES affect the number on the scale!

2. The scale may mask your real results. I have had so many clients make very positive changes: they feel better, they are sleeping better, and they are getting stronger. Yet, they beat themselves up because the number on the scale did not move, or it didn't move as much as they would have liked.

I want you to be fiercely focused on how you feel as a measure of success. I want your success to be measured on whether or not you're making improvements in your choices, if you're getting stronger, if you're feeling more energized, if you're following the program.

If you have a rocky relationship with the scale, or tend to be very weight sensitive, I encourage you to release yourself from the number on the scale and focus on other, and frankly way more important, measures of success. Not ready to throw it out altogether? Get a family member to hide the scale in a random box in the garage. Out of sight, out of mind!