

## Ditch the Bathroom Scale

Today I want to talk with you about why you should ditch your bathroom scales, especially if your main focus is weight loss.

I get lots of emails from women telling me about how hard they have been working only to see no results on the scales and I know how devastating this can be for some; the disappointment is very obvious in those emails.

Often the damage done by getting on the scales and not seeing the numbers drop can be a real set back sometimes sending you right off the rails and back where you started.

The awful thing about this is that with patience and continuing to do the right things the numbers do fall - just not quickly enough for some to hold on and see these results.

Unfortunately the scales don't tell the whole story because there are many changes that occur within the body before weight loss occurs that are all positive but because they are not visible to us on the scales we loose patience and think we are wasting our time even though we KNOW other changes are occurring.

Because we are weight training as well as doing our cardio we are building muscle at the same time we are loosing bodyfat which means that our weight might not shift all that much and because we build muscle most quickly when we begin training (particularly for the first time or after a long break) we put on most of our muscle weight early on in our program as this is when we are laying down the most muscle mass. What this means is that you are losing bodyfat but adding muscle weight so when you do the math you will see there will not be a huge shift on the scales.

If you just went by the scales it is now obvious why we don't see much happening.

If you want to loose weight remember it is a simple mathematical equation - burn more calories than you consume. Creating a calorie deficit is what will have you loosing bodyfat everytime no exceptions.

If you consistently do this and the scales aren't moving you can be sure the reason for this is added muscle weight and / or retained fluid and if you wait it out the rewards will come.

The fantastic thing about this process is that as your bodyfat becomes lower and lower you will begin to see the beautiful muscle definition you have created under your bodyfat. Imagine a sculptor sculpting the perfect human form from a lump of stone; as he chips away at the stone he begins to reveal a masterpiece.

This is the process we are after and why your weight training is so important although this is often the component women let slide.

So...what to do...

If you are one of those women who run screaming from the bathroom straight to the fridge when the scales don't go your way throw your scales in the bin, I dare you! Seriously unless you need to make a weight division for your sport what difference does it make what you weigh so long as you are happy with what you see?

If your clothes fit better and you look better and you feel better does it really matter?

I say no, it does not matter one bit.

I urge you to take the focus off your weight and instead focus on ensuring you burn more calories than you consume and train hard knowing that if you are patient the rewards will be there in the end.

If throwing your scales in the bin is a bit drastic then give them to a neighbor for a couple of months or have someone in your family lock them away so you can't get access to them for a while. You will be doing yourself and no doubt your long suffering family :) a huge favour!

By focusing on all of the other benefits you gain from being fit and eating well your journey will be much, much more enjoyable and you will notice the benefits you probably would have missed focusing on weight alone.

If you want a measure of your success grab a pair of jeans that feel too snug and try them on every 2 weeks to see how you are progressing. This will tell you what you want to know.

mindset