

The scale ain't a reference



The scale is not always the best reference for measuring progress or overall health. Here are some reasons why:

✓**It doesn't account for body composition:** The scale only measures total body weight, which means it doesn't differentiate between muscle, fat, water, or bone mass. Someone who has been strength training or building muscle may weigh more due to increased muscle mass, even though they might have a healthier body composition.

✓**It can be influenced by daily fluctuations:** Our weight can fluctuate throughout the day due to various factors like water retention, digestion, hormonal changes, or even the time of day we weigh ourselves. This can lead to misleading results and unnecessary worry.

✓**It doesn't consider other health indicators:** Many other factors contribute to overall health, such as blood pressure, cholesterol levels, blood sugar levels, and fitness levels. These indicators give a more comprehensive picture of health than just the number on the scale.

✓**It can impact mental well-being:** Relying solely on the scale for progress or self-worth can be discouraging and lead to negative emotions or an unhealthy relationship with one's body. This focus can overshadow other positive changes and achievements.

Instead of relying solely on the scale, consider incorporating other methods to track progress and measure health:

✓**Use body measurements:** Tracking measurements of various body parts, such as waist, hips, thighs, or arms, can provide a better indication of body composition changes.

✓**Monitor how clothes fit:** Pay attention to how your clothes fit and feel. If you notice that they're becoming looser or that you can comfortably wear smaller sizes, it's a positive indicator of progress.

✓**Focus on non-scale victories:** Celebrate improvements in energy levels, mental clarity, sleep quality, strength, endurance, or overall well-being. These markers can provide a more valuable reflection of your progress.

Remember, weight is just one piece of a much larger puzzle when it comes to health and well-being. It's essential to adopt a holistic approach and listen to your body's signals rather than fixating solely on the number on the scale.

In the meantime, Lët'z Roar

