

## Don't Watch the Scale!

Just so you know, weight scales lie! Have you ever gotten on the scale to see how much you weigh, only to turn around the next day and be 5 pounds heavier? How depressing. Do you know how I've gotten around that issue? Stop getting on the scale! When you begin an exercise regimen, take the time to get some of your body measurements. There is nothing wrong with weighing yourself in the beginning. Just understand that muscle weighs more than body fat, and it may appear that you gain some weight when you start working out. Take a tape measure and measure around your chest, waist, hips, thighs, arms and calves then save those measurements. 6 to 8 weeks later take those measurements again. You may not notice that the scale budges much in 6 to 8 weeks, but your body measurements may change significantly. When people are trying to lose weight, they tend to lose inches first and weight later. Do yourself a favor. Stay off the scale for a while, don't get discouraged, and keep up with your workouts!