

Day 17: Lose Every Time You Step On the Scale

Weight loss is a terrible measurement of how well you are doing.

Yes, we know that you might have started this program in hopes of losing weight. And out of necessity, we do tend to refer to 'weight loss' because that is how most people understand what Personal Trainer Food will do for them.

That said, we want to be clear: weight loss is not your true goal. That is why we told you to hide your scale before starting your program. What is your true goal? Read on...

What Mike Really Thinks About the Scale

"I dislike weight loss. The term weight loss became a popular marketing term in the 80's because diet and fitness companies learned they could increase revenues by using it.

Weight has become a national obsession. Women are addicted to the scale. When a woman diets, she often weighs herself multiple times each day. By the third or fourth day, she is confused because her weight has been up and down. She becomes frustrated, then defeated and she gives up. After doing this for a few years, she ultimately believes she is destined to be overweight.

As a short term measurement, weight is bad, bad, bad. Simply don't step on the scale during your program. You will lose...mentally and emotionally.

A better goal is to focus on habits. Eating and exercising habits. Focus on routines and your clothes will tell you how you are doing. They will become loose. Your jewelry will also become loose. Yes, you will lose weight, however, it is irrelevant. A size 20 female who weighs 220 pounds on earth is still a size 20 female who weighs 37 pounds on the moon.

It's not about weight. It's about how your clothes are fitting and how you feel. It's about routines. It's about good habits."-Mike Starks, CEO of Personal Trainer Food

Weight can dramatically fluctuate up and down within a week, day or even minutes. You can go to the bathroom and lose a few pounds, eat and drink during a meal and you will gain a few pounds back. You can retain water and gain a few over the course of a week. Your hormonal status can create bloating and water retention that lasts more than a week.

The point is that weight is not directly related to how much fat you have lost or gained. Keep in mind also that if you have gained a lot of weight over time that you are probably not going to get to goal overnight. But you will get there. Just continue eating the right foods and you will see the changes!

It's All In Your Head: Scale Temptation

Be honest. Have you managed to stay off of your scale for the last three weeks? If you did step on the scale, tell us: what did the imaginary number tell you about the gravitational pull of the earth?

What did the number tell you about yourself?

Did it make you happy? Were you frustrated? Elated with your progress and then frustrated? The opposite? Surprised one moment and the next moment questioning the rate of your progress? Did your waistband suddenly get tight after you knew your weight? Did you check your rear in the mirror again, this time noticing how HUGE it is? Did you start to feel heavy and slow? Are you feeling confused again?

Like Mike said, when you stepped on the scale, you definitely lost. Mentally and emotionally. But don't let that discourage you! Here's a challenge: walk that scale out to the trash right now. Can you do it?

If you have stayed off the scale: good job! You are doing it right.

Over the Moon About Frumpy Clothes

What is your most comfy outfit? You know, the one that you wouldn't be caught dead in wearing outside your house? The one your partner hates because you look so frumpy in it? Have you tried it on lately? You should. Are you hiking it up at the waist? Did the bottoms somehow grow longer? Are you swimming in the top?

That is something that counts. Your **BODY IS CHANGING!** Your frumpy clothes will be the same size on the moon as they are on earth. You are getting smaller, and that is excellent!

What the Hell?

In the past, as you hopped on and off the scale, you let confusion, frustration and doubt creep into your mind. This leads to the beginning of the downward spiral of negative thinking. This effect had you going to the fridge and finding some sweet food to console yourself with. Recognize it?

Today, you are different. You are no longer buying into the head trip of the scale.

As we mentioned before, this week is the hardest week. The temptation to sabotage your progress with doubt and negative thinking can become quite strong. Now is not the time to succumb to the scale. We guarantee you that it will not tell the full story.

Stay focused and this week will fly by!

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

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