

## Day 18: Don't Let your Doubts Sabotage Your Actions

Yesterday, we talked about how scale weight is a terrible indicator of progress. How can you tell if you are making progress then? Let's talk about how our Weight Loss Coaches evaluate progress...

### **People Lose Fat at Different Rates**

First, you must understand that your body is different from anybody else's. Here are three examples of different weight loss patterns:

1. There are those who will drop a ton of fat right up front. They might then taper to a steady weight loss in the following weeks.
2. Some will see minimal progress for weeks and then all of a sudden WHOOSH, their pants are falling off of them.
3. Others are slow but steady losers, with a less-than dramatic progress week over week.

The Brides-to-be in our Altered! program all lost weight differently while doing REV. Sierra dropped 12 pounds right up front, Brianna and Chantal had 'whooshes' mid-program of over 10 pounds each and the winner? Well, none of us would have guessed it would be her—she was the slowest loser! You can check that out for yourself at:

[www.PersonalTrainerFood.com/altered/PTF\\_2014\\_altered\\_results.pdf](http://www.PersonalTrainerFood.com/altered/PTF_2014_altered_results.pdf)

### **Forecasting Fat Loss**

It is tempting to think that if you can lose 10 pounds in seven days that you will continue to lose at that rate indefinitely. When you see numbers like that, you instantly do the math to forecast how many days until you will be bikini-ready for your cruise, or in shape for your big event, don't you?

The thing is, forecasting weight loss is like forecasting the weather. You are not likely to lose weight in such a straightforward and predictable manner indefinitely (or until you can fit in your bikini). Most people experience weight loss in fits and spurts. This is normal and realistic.

### **When Nothing Seems to be Happening...**

There are some people who have convinced themselves that they are not making progress on their program. This is usually a simple case of not being able to spot change or even not allowing oneself to see the change.

### **Mirror, Mirror Show Me All**

You might see absolutely NOTHING when you look in the mirror each morning...the problem is that the mirror is only showing half of the picture. If you could turn around and spend as much time looking at your backside as you do your front-side, you might actually be able to see signs of change!

Turn around once in a while and take a long look at your side profile and back. You might even have your partner take a look for you.

Watch the shape of your back change from rounded and soft to having more tapered shape from shoulders to waist. Back fat rolls may look less pronounced and fewer in number. Look at your shoulder blades to see if they are becoming sharper-looking. What about the fat that squishes together where the back of your arm and back meet, is it smaller? When you lose fat from your back, your bra strap gets looser and sports jackets or fitted tops seem to have more room for movement. How is your booty looking? Does it look little higher, or does it have a different shape?

### **The Most Dangerous Fat**

Fat can be stored all around your internal organs and muscles (think about a slice of marbled steak). Fat loss here is very hard to notice because there is such a large volume of hidden fat in these areas.

While we tend to be more motivated by what we can see in the mirror, belly fat is dangerous fat. Excess fat stored around your organs drastically increases your risk for diabetes, heart disease, high blood pressure and stroke. Losing weight in this area of your body is vitally important to your health.

Dayna, another of our Altered! brides looked like she didn't have much to lose when she started her program. She started at 5'4" and 140.6 pounds; the 'skinniest' of the brides. But when our Weight Loss Coaches measured her, they found that she had enough fat on her belly that she was classified 'High Risk'-- just like our other brides who weighed in over 200 pounds!

With just a 14 pound fat loss over the course of her program, Dayna also lost 21.5 inches from her body. Get this: she lost more in inches than other brides who lost more in pounds. Today, Dayna has a trim little waistline and she is now categorized as 'Healthy.' Dayna dodged a bullet by losing the belly fat.

Fat loss from around the organs and muscles is harder to observe directly. It was hard to see on Dayna at first. The way to look for it is to assess how you feel. Are you more energetic? Do you feel stronger? Are you less winded when you walk up stairs? How are your aches and pains? Do you sleep better? These are signs that your body is healing and becoming healthier every as you live the PTF lifestyle.

### **The Trick to See Change: 28 Days**

The trick with watching your body for change is that it is very hard to notice what is going on day over day. This is exactly why taking your before and after pictures is so important. Comparing 28 days of progress will definitely show your progress.

We also gave you a tape measure. Sometimes, the best way to see progress is in inches, not pounds. You should be pleasantly surprised when you measure yourself at the end of your program.

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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