

Taking the Weight off the Scales.

There seems to be so much importance placed on body weight these days and for many people a preoccupation with body weight often gets in the way of the facts, and at worst can result in a total abandonment of their goals. The first thing to realise with the weight displayed on the scales is that it does not and can not tell the full story. The figure that shows up on that dial is a combination of bones, muscle, fat, organs, water etc. and even though we are all aware of this, so many people are ready to throw the towel in when they see a small fluctuation in that reading. Some more facts that most of us know but seem to forget is that muscle weighs more than fat and that our bodies are comprised of about 70% water. What this all means is that there are many variables that contribute to the reading on the scales and to instantly assume that an increase or reduction in body weight is totally due to fat, is naive.

A more accurate way of determining your success is to combine a number of different pieces of information such as girth measurements, clothing fitment, your appearance in the mirror, comments from others and finally the scales. This approach will not only be more accurate but you may also find that it helps to motivate you to further successes.

Personally, I am a big fan of results based training. Let your physical achievements become more important than the aesthetic ones. It doesn't matter how trivial your results may seem to someone else; so long as you are making improvements and you continue to set new goals you will be heading in the right direction. As you take the focus off the aesthetic side of things you will find that a good physique and the feeling of wellbeing are a couple of great by-products of exercising. Try to record your results in a diary and just keep setting those goals higher and higher and before you know it, you will see a different person looking back at you in the mirror. Enjoy Fitness.

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The information contained in this article is the authors' opinion and should be used as a guide only. If you plan to undertake an exercise program you should first consult your medical practitioner and fitness professional.