

”Confessions of the Scale”

Okay. You’re standing on the scale, and you hate the number you see. Try to remember, it’s just a number. If you’re following the food and exercise plans faithfully, you’re going to get where you need to go. In the meantime, there are many ways to measure weight-loss success. Here are a few scale-free methods:

1. You feel in control. You have stamina to play with the kids (or the grandkids), your confidence is building, and you’re meeting goals.
2. Your clothes fit and look better. Wardrobes don’t lie. If your favorite jeans feel more comfortable, you’re getting fit, toning up, and trimming pounds.
3. Your dinner plate is bursting with color. See all those fruits, vegetables, and whole grains? They’re doing your body a world of good.
4. The tape measure shows results. Be sure to measure your chest, waist, and hips every month or so.
5. You have energy! A healthy diet and exercise make energy levels soar. No more erratic blood sugar highs and lows.
6. You’re healthy. Notice changes in your blood pressure? Your blood sugar? Your cholesterol levels? Have you stopped needing any medications?
7. You have strength! With your muscles activated, you’re climbing stairs more easily, walking the mall without fatigue, lugging groceries yourself.
8. The mirror doesn’t lie. Do you notice changes when you see your reflection? Are your problem areas shrinking? Believe what you see.
9. Getting any compliments? Believe your friends and family when they say you look great. Don’t brush it off. You’ve earned it.
10. Is your sex life perkier? Your mood_brighter? Celebrate the joy and sexy self-confidence you’re feeling—regardless of the number on the scale.