

Let's talk about misconceptions and preconceived ideas that have us get discouraged, and give up on new healthy habits

SKIP WEIGHT IN DAY



If your nutritionist, dietitian or trainer plans on putting you on a scale weekly, **RUN AWAY**

YOU ARE WHAT YOU EAT, STOP STARVING YOURSELF

It is not about eating less, it is about eating better. You aren't trying to lose weight you are trying to lose FAT.

STOP USING ARTIFICIAL SWEETENERS

You cannot keep drinking Coke Zero, thinking you are losing weight. No-one ever got a banging hot body drinking that stuff. If you want to use a healthier, natural sweetener use brown sugar, or sugar cane.

5 REASONS WHY
YOU SHOULD THROW
OUT THAT
SCALE!



“THE SCALE DOESN'T TELL THE WHOLE STORY”

The Scale is a **BIG FAT LIAR !**

Have you ever had that morning where you wake up feeling great about all the hard work you put in to live a healthier lifestyle? You walk over to the scale excited to see the number has gone down....only to see the number has gone up? **My advice to you is to get off the scale!!!** Throw it out! Give it to the neighbor or donate it. The negativity that goes along with the higher number will actually cause your body to produce hormones and cause stress which negatively impact your weight loss efforts. You automatically feel like a failure and you say things like, “I give up”, “this isn't working”, and “what's the point”.

The trick is to look at how your clothes fit? Your measurements? How you look and feel is more important than a number. So ask yourself this question, Do you want the number or the physique? I will go with Physique any day. Trust in what you are doing and make the “tweaks” that need “tweaking”. Your body is changing daily if you are putting in the work. Let it change and don't let the number on the scale slow that down. **YOU GOT THIS!**

