



How Often Should You Weigh Yourself?

March 2019

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I get asked this question quite often, I personally don't believe there's a magic answer for how often you should weigh yourself, figuring out what is helpful and motivating for you as an individual is how you decide. The very first question you need to ask yourself is: "Will weighing myself, daily, weekly, etc. help or hinder me?"

If you've been dieting, you might feel especially virtuous because you've had a good day. You ate reasonable portions and avoided desserts and other calorically dense foods. If you step on the scale the next morning and find that you've gained a kilo how would you feel? You could get discouraged and might be tempted to give up. Would you be better off if you didn't weigh-in as frequently? If the daily weigh-ins affect your mood and behaviour, then you might want to reconsider how often you weigh yourself. The number on the scale should not have the power to dictate your mood, the events of the day or your overall quality of life – it's just a number.

Many people find weighing in weekly provides a sense of accountability and is helpful for having a good idea of where they are with their progress. For many, it helps to keep progress on track. If you're able to look at the overall trend and not stress about the fluctuations, then having a regular weekly weigh-in isn't a bad idea. Just keep in mind that it is normal to experience weight fluctuation throughout the course of a day. That change can be as large as 1-3kg, mainly due to fluids and salts.



Evie's Eats - Baked Veggies with Garlic & Rosemary

(serves 6-8)

Ingredients:

- 1 red capsicum, cut into 3cm pieces
- 1 green capsicum, cut into 3cm pieces
- 1/2 pumpkin, seeds removed, cut into 3cm pieces
- 1 small sweet potato, cut into 3cm pieces
- 1 zucchini, sliced
- 2 carrots, sliced
- 1 red onion, cut into wedges
- 1-2 tablespoons extra-virgin olive oil
- 2 garlic cloves, finely chopped
- 1 rosemary sprig
- 1/4 cup water
- Salt and pepper to taste



Method:

1. Preheat oven to 190C
2. Wash, cut and place all the vegetables in a baking tray.
3. In a small bowl, mix the olive oil, garlic, water and pick the leaves from the rosemary sprigs.
4. Drizzle mixture over vegetables, and season with salt and pepper.
5. Bake for 40 minutes until the vegetables are cooked and golden at the edges. Serve hot or at room temperature. Enjoy!

Quote of the Month - If You're Tired Of Starting Over, Stop Giving Up!



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Take control your life, be happy! – rock on!

Till next month... *Evie*