

HOW LONG DOES IT TAKE TO LOSE WEIGHT?

Way too long, right?!? We all want it to happen faster, but consider this...

Although it may take as long as four to six weeks to see a reduction in pounds on the scale, you may feel a difference in how your clothes fit prior to that. This is why: If you are also doing strength training you may be losing fat and gaining muscle. The good thing is muscle burns more calories, so you want to be building muscle. *Muscles are our fat burning machines*. Give it time and you will see body shape changes. Pound for pound muscle takes up less space on your body than a pound of fat, so you may see a loss in inches before a loss in pounds.

Instead of using the scale as a means of measurement, try measuring the circumference around your waist or hips. Ultimately, it is how your clothes feel on you and how you are feeling. Think of all the positive effects strength training has on the body such as more energy, improved posture, confidence, improved joint mobility and stability thus possibly less back and joint pain. These can be more motivating than a change the scale.

If you like to use the scale, a pound or two a week is a reasonable amount to lose. There are numerous factors that play a part in weight loss such as genetics, hormones, stress, environment, movement/exercise and last but not least, what we consume. Some individuals may have faster weight loss in the beginning and may slow down later. Stay tuned for tips on how to lose a pound or two a week! We all struggle, we are all human, perseverance is the key.