Rec Tip of the Week (February 19, 2014)

Break Away from the Scale Obsession

Sparkpeople.com lists 5 steps to breaking the habit of weighing yourself too much.

Step 1. Place the scale out of sight: out of sight out of mind!

Step 2. Start your day with a positive ritual: instead of weighing yourself first thing start the day with a positive pick me up. Examples include: meditation or prayer, reading a daily devotional, doing a light workout, rereading your goals, or giving yourself a pep talk.

Step 3. Measure other healthy accomplishments: circumference measurements are a great way to track weight loss. Tracking quality of sleep, stress levels, and amount of physical activity are great alternatives to weight tracking.

Step 4. End the day with a pat on the back: write down your daily accomplishments before bed and be thankful for the blessings the day has given you.

Step 5. Weigh in after a month: it is still important to have a general idea of your weight. Checking in after a month gives you the ability to tackle the previous habit of weight yourself too often. Repeat this cycle for at least 4 months before increasing weigh ins to no more than 1x per week.