



The scale: Friend or Foe

By: Nikki Gentes | Feb. 11, 2019 | Blog, scale, weighing in

Actually, it depends on how we use it.

The scale...love it or hate it, it does hold us accountable. It is one way to track progress. However, if you have set a goal of weight loss, PLEASE PLEASE DO NOT WEIGH YOURSELF DAILY! 🙈👁️👎🚫

With strength training and HIIT workouts, you will retain water and build muscle, causing the scale to fluctuate greatly. Choose the same ONE DAY a week at the same time to weigh yourself. Be consistent, but do not weigh yourself every day! Heck, even put the scale AWAY until you need to weigh in!

Get FREEDOM from the daily emotional roller coaster from weighing yourself every day. You'll be glad you did!! 🙌🚫🙌🚫