

10 Steps to Measure Success in a New Way

1. **Remember that your body loses weight based on many factors:** your gender, age, genetics, and other factors beyond your control. Just because you aren't losing weight in your hips doesn't mean you're not losing weight somewhere. It may just be from a place you don't much care about.
2. **Consider other methods to measure success, beyond the scale.**
3. **Notice how your clothes fit.** If they fit more loosely, you know you're on the right track.
 - a. Have a "Control" Outfit - one that is a bit too tight or a size down from what you currently fit and try the outfit on once a month and make notes on how they fit. Clothes don't lie.
4. **Take your measurements to see if you're losing inches.** Measuring your body at different points helps you figure out if you are, in fact, losing fat. Knowing that may motivate you to keep going and allow your body to respond to your workouts.
5. **Know How to take Your Measures:** Taking your measurements can help reassure you that things are happening—even if you're not losing fat exactly where you want just yet. Start by wearing tight-fitting clothing (or no clothing) and make a note of what you're wearing so you know to wear the same clothes the next time you measure. Here's how to do it:
 - Bust: Measure around the chest right at the nipple line, but don't pull the tape too tight.
 - Calves: Measure around the largest part of each calf.
 - Chest: Measure just under your bust.
 - Forearm: Measure around the largest part of the arm below the elbow.
 - Hips: Place the tape measure around the biggest part of your hips.
 - Thighs: Measure around the biggest part of each thigh.
 - Upper arm: Measure around the largest part of each arm above the elbow.
 - Waist: Measure a half-inch above your belly button or at the smallest part of your waist.



6. Use a scale that **measures body fat** through bioelectrical impedance. These scales are readily available at a variety of different price points, or one may be available at your gym or health club. They will give you a more accurate view of whether you are losing fat and gaining muscle or not.

7. Use an **online calculator**. This is a guesstimate, but if you repeat the test every so often with the same calculator, you can see if that body fat number is getting lower.



8. **Set performance goals.**

- Instead of worrying about weight loss or fat loss, focus on completing a certain number of workouts each week or competing in a race.
- See how many push-ups you can do or how many days in a row you can exercise. These are tangible, reachable goals that give you more of that instant gratification the scale doesn't.

9. **Understand the concepts behind Muscle vs. Fat**

- Another odd phenomenon of weight loss is that it's entirely possible to lose inches from your body without actually losing weight on the scale. This is another reason that the scale can be deceptive, because, as mentioned previously, it weighs everything, and it can't tell you what comes off or what goes on.



- When you gain muscle, you may be losing inches even though you're not losing weight, and that's perfectly normal if you've added strength training to your routine or you're doing a new activity that triggers your body to build more lean muscle tissue. Muscle weighs more than fat, but it takes up less space. If your goal is to build muscle, this is a great sign that you are achieving your goal.⁴
- That's why taking your measurements can tell you more than the scale and also why it's **body composition**, not your weight, that really tells the true story.

10. Understand Why Your Weight Fluctuates

- a. The numbers you see on the scale vary with these factors: Food weight gain: Weighing yourself after a meal isn't the best idea simply because food adds weight. When you eat it, your body will add that weight as well. It doesn't mean you've gained weight, it simply means that you've added something to your body (something that will be eliminated through digestion over the next several hours).
- b. Muscle gain: Muscle is more dense than fat and it takes up less space, so adding muscle could increase your scale weight, even though you're slimming down.⁴
- c. Water weight gain: Because the body is about 60% water, [fluctuations](#) in your hydration levels can change the number on a scale. If you're dehydrated or have eaten too much salt, your body may actually retain water, which can cause scale weight to creep up. Similarly, many women retain water during menstrual cycles, which is another thing that can make that number change.
- d. That doesn't mean the scale is useless. In fact, it's a wonderful tool when you combine it with your body fat percentage. Knowing both of these numbers will tell you whether you're losing the right kind of weight: fat.



Reference: <https://www.verywellfit.com/losing-inches-but-not-losing-weight-1231559>