



SIGNS OF PROGRESS

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ARTICLE 7

It is incredibly easy to step on the scale each morning and associate the rise and fall of that number with success or failure. Rather than going into the reasons why your scale weight fluctuates (salt consumption, water consumption, whether you trained the night before, you need to go to the toilet, what stage of your cycle you're at, if you have a full/empty belly, stress levels etc), we are going to bring to light some other ways to show you that you have progressed!

** Before you get confused and wonder why some of these are performance based and you're here because of fat loss goals – It's important to remember that alongside nutrition, the quality of your training will significantly impact your lean body mass. This heavily influences your body fat percentage aka how “toned” you look! Also, being leaner is nothing without being healthier, and your training quality/recovery/effort are all great indications of better health!

Some things we recommend you look out for to show you that you're kicking goals:

- *Your clothes fit differently!*

Looser waist band on your pants? Constantly needing to pull your leggings up mid workout? Could be a sign of fat loss!

- *Progress photos don't lie (when they're taken in the exact same conditions!)*

The ultimate guidelines for taking progress photos. Take them in the exact same spot, at the exact same height/angle. Wear minimal clothing, and always wear the same thing. All clothes fit differently! And try to take them first thing in the morning too.

You see yourself every single day, so you may not appreciate the changes your body is going through. Photos are a great way to show you the progress you may have overlooked

Here are a few more of our favourite non-scale victories that are associated with improvements in health!! Remember, ticking only 1 of these boxes is a sign of progression, so take the win and keep going!

- You can get through your training sessions with a little more ease or taking less rest periods

- You are lifting heavier

- You don't get as tired on your walk around the block

- You recover from your sessions sooner!

- Every day tasks are easier (hello walking up the stairs)

- You are more energetic! Even though you may feel tired after training, your days are over all more productive and you're less lethargic

- Your joints aren't as sore

- You can see more muscle definition

- You're more resilient than you used to be. You can push through your excuses a little better, and you're able to convince yourself push through the final 10 minutes of your workout a little easier

- Your digestion is better. Less constipation, less bloating, more regular and predictable bathroom trips

