



**THE CONFIDENCE COACH**

HEALTH • FITNESS • ENERGY

# WHY YOU SHOULD IGNORE YOUR BATHROOM SCALES

Your bodyweight is made up of lots of things including:

- Skeleton
- Muscles
- Organs
- Body Fat
- Fluid
- Contents of stomach

This means that it fluctuates for lots of reasons...

Eaten a bit more salt? You'll probably retain more fluid.

Eaten a higher volume meal, the weight of your stomach contents is likely to be higher. Different toilet habits will change the overall weight.

And that's before we take into account hormonal changes over the month.

These all fluctuate far more than the other elements. Body fat and muscle change over time based on the stimulus you give them and the composition of your body impacts how it looks far more than the total weight number.

Plus, no one knows the number unless you tell them!

We believe in hitting consistent habits like training frequently and enjoying it, because it should be for a healthy life not just for losing weight. Weight loss will just happen anyway over time.

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I absolutely love it here. Coming here is never a chore, I look forward to every session.

The coaches are fantastic, personalising my session to my needs. The other members are great fun, no egos or anything.

Just a lovely welcoming place with great people..



SCAN ME

to speak to the team

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