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The Scale
Doesn't Matter

Team
FLEX

So many people rely on the scale as the best way to track their progress, only to be discouraged by the fact that it doesn't budge or it fluctuates up and down so frequently. Don't be hung up on the number on the scale! It is not an accurate reflection of your progress, and I am going to go over some reasons why.



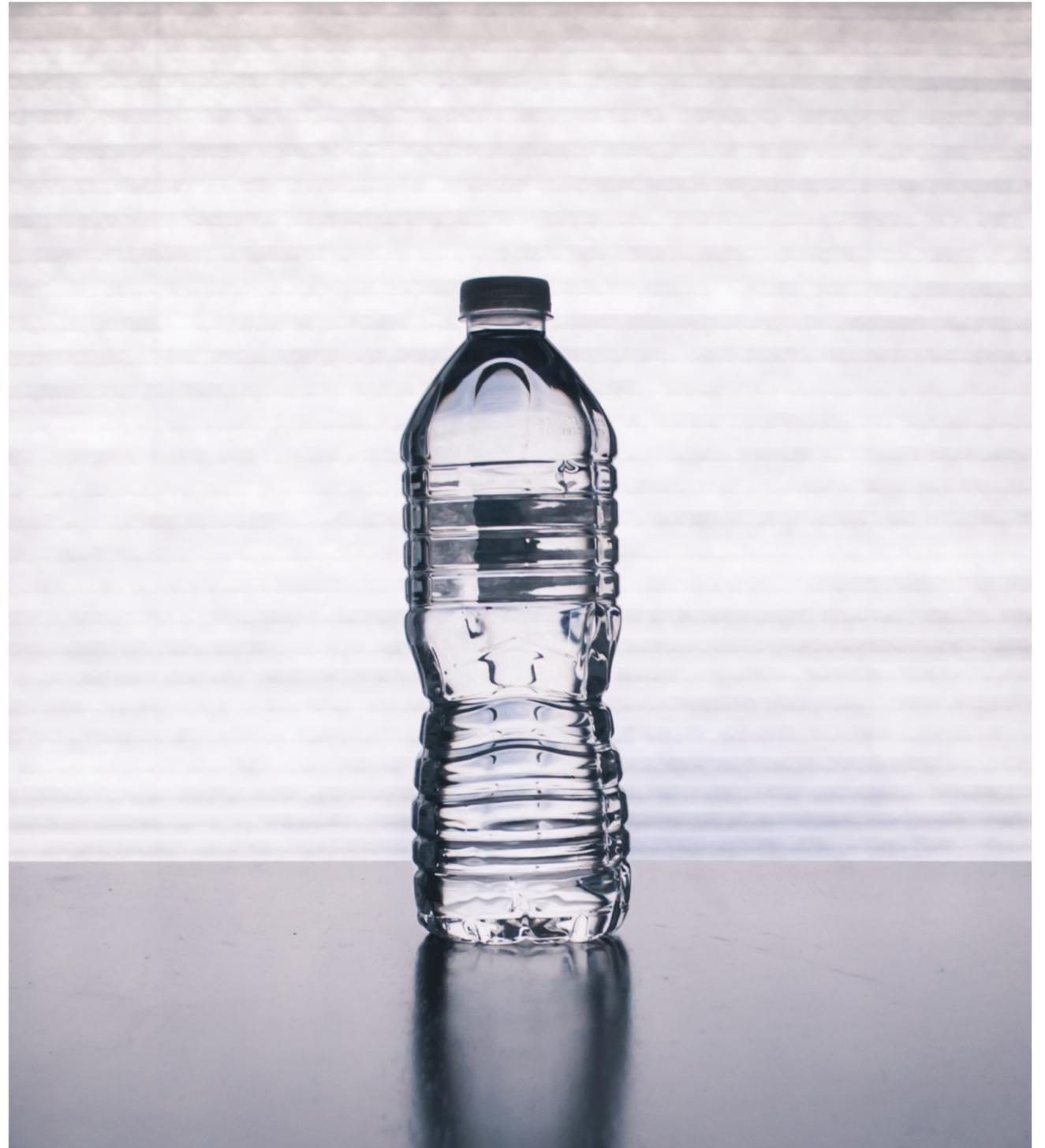
FLUCTUATIONS

For starters, your weight fluctuates throughout the day, no matter what you do. Hormones, hydration level, stress, lack of sleep, bathroom habits, exercise and diet are all factors that play a role in weight fluctuations. Keep in mind this is only temporary, so it's important you stick to your diet and exercise routine. Consistency will bring results!

WATER RETENTION

When you retain water, your body holds on to extra water. Stress, lack of sleep, and strenuous exercise can cause a spike in cortisol, which causes temporary water retention. When you have a high-carb, high-sodium meal, this can cause water retention.

Hormones can also cause natural fluctuations each day and over the course of the month, regardless of how much fat tissue you're carrying.



INFLAMMATION

You can't actually see some inflammation that is happening in the body, but it can cause water retention and affect the scale.

Strenuous training sessions can cause inflammation to your muscles, which triggers the body to speed up the recovery of these muscles. Likewise, when you are strength training and gaining muscle while changing your body composition, the scale can fluctuate. You may be heavier in weight but overall look more lean.



Some foods can also cause short-term inflammation and water retention in your body, specifically foods high in fiber and sodium; however, it is only temporary and these are necessary to maintain your health.

Your body is always trying to achieve balance, so the more water you drink, the less your body will hold on to it. Make sure you are drinking plenty of water daily.



THE SCALE WEIGHS MORE THAN FAT

The scale does not tell the whole story. When you step on it, you are weighing more than just fat.

Everything such as fat, muscle, bones, organs, what you are wearing, and what you've eaten

are taken into account. There are many other ways to measure your body fat percentage, such as skin-fold calipers, body measurements, DXA scans, and hydrostatic weighing to name a few.

INCONSISTENCY

Since your weight fluctuates throughout the day, it's hard to get an accurate reading on the scale when you're constantly stepping on it. You'll notice that your weight is different from first thing in the morning compared to at night. You will get the most



consistency in your reading by scheduling a specific time each day to weigh yourself and sticking to that time no matter what. One of the best times to weigh yourself is first thing in the morning after you have emptied your bladder and before you eaten or gone to the gym. This is the best representation of your true weight.

NONSCALE VICTORIES

A number on the scale does not define you or your health. Utilize non-scale victories to also monitor your progress. Non-scale victories are things such as increasing endurance, workouts getting easier, clothes fitting better, mood and sleep improvement. Being healthy is not about how you look, it is about how you feel. Do not give the scale the power to make you give up on yourself or your goals!

Results are never linear, and get fit-quick schemes are never sustainable. By focusing on non scale victories and staying consistent, you will not only get results, but you will keep them!





ABOUT TEAMFFLEX



At TeamFFlex, we are redefining personal training forever by creating sustainable and longterm results. The coaching and program you receive works for your body instead of against it.

We are more than a team, we are a family, and we are here to support you every step of the way.

Your training is offered through our online training app that will walk you step by step through the process of conquering your goals.

Stay accountable by tracking each workout, your personal bests, and your physical progress. Through our flexible dieting approach you can actually enjoy, sustain, and most importantly get the results you want. Have your cake & eat it too!



We stand by our morals and commitment to our clients and are available 24/7 for support. Join us in our journey to change the world and help others achieve their goals and dreams.

ONLINE TRAINING APP

Unlock all the expert tools and strategies you need to conquer your goals and create lasting change.

Complete Program Overview

A highly detailed and comprehensive training guide will walk you step by step through the process of conquering your goals. All the guess work has been stripped away. What's left are the essential, proven plans for creating lasting results, unlike anything you have ever seen before!

Totally Custom Training Program

Telling you a workout and explaining the exercises is one thing. SHOWING you exactly what to do is another. Each and every exercise in your training plan will have a highly detailed exercise instruction video coached directly to you for maximum training precision. Use the app to track your sets and reps, weights, and personal bests for a complete training experience!

Totally Custom Nutrition Program

You don't need another diet. What you need is something you can sustain. Something that will produce the results you want, when you want them. These are absolutely incredible flexible plans that allow you to eat YOUR favourite foods and still make incredible progress towards your goals!



Direct Contact With Your Coach

So many fitness programs are just numbers and letters on a paper. Unfortunately, all too often the program is confusing, and if you have any questions, good luck. For you to be comfortable and conquer your goals, you need to have the ability to communicate with a real human being! We have developed personal contact for you and your coach so you can ask any and every question that runs across your mind. You will never be left in the dark!

As you read this, thousands of people world wide are benefiting from what was once just an idea. People around the world are achieving results they never thought possible in a coaching experience that will literally redefine the industry. There is nothing we want more than to help people achieve their goals and dreams.

TO JOIN TEAMFFLEX AND TRAIN WITH US TODAY, VISIT WWW.FUNCTIONALFLEX.COM