



Don't Let the Scale Weigh You Down!

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Are you working out hard and still can't seem to make the numbers on the scale budge? Are you frustrated? When you seem to be doing all the right things and still can't lose weight it can be very frustrating. Perhaps you should relax. Maybe you are not losing weight but still getting leaner. Many people don't understand this difference.

The scale is NOT always an accurate picture of what is going on in your body, it tells you how much you weigh but it doesn't tell you how much is water retention, how much is muscle, how much is fat or that you need to go to the bathroom! So focus on looking better, feeling better and losing fat, not weight. Muscle weighs more than fat but it takes up to three times as little space as fat does! This means you could lose inches and clothes sizes and never lose a pound by the scale. One can actually lose weight and be "fatter" because they have more body fat than they did before and one can gain weight and be "thinner" because they gained lean muscle mass.

So instead if getting caught up in what the scale says focus on losing fat and gaining muscle and don't worry as much about those numbers. If you want numbers use a tape measure instead. Inches gained or lost will make a difference in how you look where as weight doesn't always. Don't be afraid to strength train! Did you know that having more lean muscle mass makes the metabolism run higher all the time, even when you are sleeping? How's that for "weight" loss incentive?! For every pound of lean muscle mass in your body you can eat 50 more calories everyday and still maintain your weight!

Black Hills Health and Education Center is a medical wellness retreat offering wellness programs and lifestyle change in a beautiful setting of the Black Hills in South Dakota. BHHEC is unique in that it offers a Christian based lifestyle program that includes everything from lodging and meals,

physicals and comprehensive blood work, to daily treatments, exercise sessions with a personal trainer in the gym, classes presented by physicians, the Dietician, the Fitness Director, and other staff, cooking classes, sightseeing tours (Mt. Rushmore, Crazy Horse, Custer State Park Wild Animal Game preserve) and aquatics classes at the lovely swim center in Rapid City. Also included are counselling and stress-relief classes.