

# BE STRONG

Eat. Move. Live

# THE KNOWLEDGE

## WHAT WILL THE BE STRONG SCALES SAY ABOUT YOU?

**This week's focus:** The ideal set of 'Be Strong' scales will tell you more than just your weight, they will help you to keep perspective on our lifestyle change journey

**Why is it important?:** Keeping perspective allows us to stay in the game for the long haul, deal with knock backs and slip ups and allow us to alter our plan to continue towards our goal. Looking at things from other perspectives allows you to learn from mistakes, see how far you have come, and maybe even how other people are inspired by you. It also allows you to appreciate what you have, your abilities, and that your current situation is far better and easier than some others have, so if they can crack on with things, then so can we.

**What will we tell you?:** Top tips on obtaining and maintaining perspective

- 1 Ask your trusted friends, your close family, or your work colleagues for feedback on how they think you are doing. You will be surprised at how much you may be inspiring them, or how proud they are of you. They might even be able to see where you might be going wrong if you are struggling and be able to point you in the direction of a more appropriate plan.
- 2 Look back to see where you have come from and what improvements you have already made. Have you cut down on take aways and alcohol, perhaps? Are you moving more than you were? Have you increased your water or fruit and veg intake. This is a massive step in the right direction.
- 3 Check back in with your plan. Are you doing what you said you would, or is it slipping a little? If it is slipping, get back on track, or re-assess the plan to make sure it is the right one for you.
- 4 Test yourself with something that you found hard a few weeks or months ago. How does it feel now? Easier? That's progress!! Maybe try some of your 'slim' clothes on and see how they fit? You might be surprised at what you can get into!!
- 5 Take your measurements – the scales are only one measure of your progress. What about measuring your hips, waist, arms and thighs? When you increase your activity, it will change your shape – bottoms and breasts get perkier, tummies pull in, posture improves. Compare photos from then and now.
- 6 Take the pressure off to hit a certain number – what's the difference really between 10-10 and 10-7. It certainly isn't visible. If you are comfortable at 10-10, your clothes fit, you can participate in the activities you want to, don't kill yourself to get to the exact number that you have your mind on, on the scales.

### KEY MESSAGES

Remember you develop and grow more as a person on your journey towards your goal, than you do on the day that you reach your goal. The daily goals and tasks that we complete and don't always give ourselves credit for, are actually our biggest achievements.

Keep perspective on your progress. The scales are just one measure and are affected by all sorts of things. One bad weigh day doesn't mean you aren't going to reach your goal. Think back on what you have already achieved, your recent performance and make those checks against your plan. Then get on with doing the do! You're here and you are doing this... that is worth some credit. So give yourself a pat on the back and keep going forward.