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This Time – Dump The Weight For Good

You can dump the weight off permanently by simply starting with your mind.

Through [education](#) and sound knowledge on knowing how your body burns and stores fat means that you are in a strong position to finally shed the weight once and for all.

Knowing how to recognize fad diets and how to avoid them means that you are so much more ahead of the game than you were before. You won't be tempted to fall for these fly by night diets that promise the earth and deliver nothing but disappointment.

You have also learned that it is a lifestyle that you are pursuing and not a quick fix. It was years of habit forming eating that got you here in the first place and it would take more than a week's worth of dieting to undo it. It can be done, you can do it. The thing that you should be excited about is that now you finally have the answers to really do it this time and not some band aid temporary solution to a lifelong struggle.

As you can see, weight loss is so much more than just the weight itself. It's more than just looking good or being able to fit into something, although those things have their importance. Weight loss is a holistic thing because it goes deeper than just the issue of the weight itself. It encompasses the drives and motivations as to how we got there in the first place.

So to get rid of the weight once and for all it requires some serious thinking on your part to identify the root cause of the matter and as you have read in previous chapters, it's more often than not more than just the physical weight itself that is the problem. Once you understand this, the weight will not only come off but it will stay off for good.

Inches or Pounds?

Which is more important? When we start a [weight loss program](#) we become obsessed with the scales where we weigh ourselves several times a day to see if that pesky little needle has shifted. Suddenly our entire diet's success teeters on that one measurement. We weigh ourselves before we eat and after we pee. We weigh ourselves 2 or 3 times a day to see if we have dropped any additional weight throughout the day. Don't let that scale turn you into a basket case.

Weighing yourself is important as a starting point but what I would do is weigh yourself initially then weigh yourself after every 1 to 2 weeks.

I know, sounds like torture but it will prevent you from becoming a slave to the scale because before you know it, the success of your diet will rely on the number that scale spits out. That's too much power for a little inanimate device to have over your life. You need to realize that your weight will fluctuate all day every day, that's a natural thing. Sometimes you hold more fluid on certain days than others and this will reflect itself through the scales. Seeing this fluctuation even after half starving yourself will only make you feel defeated.

The best indication for your weight loss is the way your clothes fit.

You can have 5 different weight fluctuations throughout your day which makes you feel as though you are not succeeding in your diet when in actual fact it couldn't be further from the truth.

Fat is lighter than muscle. Ever notice when you're cleaning out a pan filled with fats that it floats to top of the dishwasher? That's because fat is lighter, so then doesn't it reason to stand that fat will also be the lighter of the two?

So imagine to your horror when you've gained 2 pounds on the scale yet you are swimming in your clothes. That's because you have gained more lean muscle mass, the attractive, toned type not the Arnold Schwarzenegger kind. This is great because the more lean muscle you have the more surface area it covers and the more fat it can grab and burn as energy because that's really all fat is, unused energy just waiting to be burned.

So just remember when weighing yourself, muscle weighs more. Don't get worried if you have gained a little especially when you know you are eating right. It just means that your body is changing and reshuffling itself as your body eliminates fat from your body.

My advice, weight yourself once every week or every two weeks, then hide your scale out of sight until the 2 weeks are over. Let your clothing be your indicator as to how much fat you are losing because fat weighs less than muscle yet takes up more space which is why you will notice your clothes getting bigger, or rather you getting smaller.

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