



## Three Ways to Measure Your Weight Other Than the Scale

Using the scale has its place, especially if you are carefully tracking your weight-loss progress. But spending too much time focusing on a number can discourage you. Oftentimes when you think you've dropped weight after a rigorous diet and exercise plan, you discover that you haven't lost as much as you thought you have (which can happen for several reasons, usually because you are gaining muscle instead). If you dread stepping on the scale, then here are three ways to gauge your weight instead.



**1. Your clothes:** One of the best ways to figure out if your diet and exercise plan is working? Nix the scale for your favorite pair of jeans. The fit of your favorite clothes can be more accurate than knowing how many pounds you carry.

# ENERGY

*en-ər-jē (n.)*

**2. Your energy level:** Chances are, if you're eating healthy, drinking water, and exercising, you'll be feeling the effects - you'll have more energy, sleep better, and be less lethargic overall. Feeling healthy is the first step in looking your best, so don't discount the inside-out effects of your new lifestyle, even if weight loss is your main goal.

BODY FAT CHART FOR MEN (%)																		
AGE	18-20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
	21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
	26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
	31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0
	36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29.0
	41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
	46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
	51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
	56 & UP	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
		LEAN				IDEAL				AVERAGE				ABOVE AVERAGE				

BODY FAT CHART FOR WOMEN (%)																		
AGE	18-20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.3	33.1	33.9	34.6
	21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
	26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8
	31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	28.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
	36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
	41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
	46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3
	51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
	56 & UP	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5
		LEAN				IDEAL				AVERAGE				ABOVE AVERAGE				

1. Body fat charts provided by BodyFatCharts.com  
 2. Data provided courtesy of AccuFitness, LLC

**3. Your body-fat percentage:** Your body's muscle-fat ratio can make the scale tip up even when you are feeling svelte, so be sure to keep your fat percentage in mind when it's time to step on the scale. That means investing in a model that includes an accurate fat percentage measurement so you can track your progress accurately, or getting your body fat percentage measured professionally.

**For more information on our  
 IDEAL PROTEIN WEIGHT LOSS PROTOCOL,  
 give us a call today  
 770-461-8781  
 for a FREE CONSULTATION.**