



Q: How often should I weigh myself when trying to lose weight?

A: Don't fall into the common trap of weighing yourself daily. Your body's water balance naturally fluctuates up and down and affects your weight. Watching these ups and downs can make you anxious for no reason. Moreover, recommended weight loss is about one-half to one pound a week. A reduction of two pounds may be safe for some, but for others half a pound a week is more realistic. Since a pound a week averages out to a little over two ounces a day, the daily difference is far too small to be reliably detected on your scale. If you want to check your progress on the scale, weigh yourself once a week or even once a month. Better yet, try tracking your success in making specific behavior changes. After all, it's the behavior that you really have control over, not weight itself. You can also measure your waist size. The fat there seems to pose the greatest danger in risk of cancer, diabetes, and heart disease. Or simply watch for changes in the way your clothes fit.

For more information on weight gain prevention contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™