

Sideline Nutrition – Measuring Your Body for Weight Loss

This document outlines recommended methods for measuring your body for weight loss using both a scale and measuring tape. The key is to be consistent every time you measure yourself so that your results from week-to-week can be compared against one another.

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SIDELINE PREP MISSION

TO GIVE ASPIRING PROFESSIONAL CHEERLEADERS THE KNOWLEDGE, STYLE, AND GLAMOUR TO WALK INTO A PROFESSIONAL CHEERLEADING AUDITION WITH CONFIDENCE.

Weight loss is often an arduous process that demands time and hard work. While you're trying to drop the pounds, one of the best ways to maintain motivation is to measure the progress of your weight loss. When measuring your weight loss, try to do so first thing in the morning before you have breakfast. Also, wear as little clothing as possible to avoid skewing the results.

Keep the word "same" in the back of your mind: Same day of week, same time of day, using the same scale or measuring tape, in the same clothes (or no clothes – Hee!)

Measuring Your Weight Loss in Pounds

Step 1 – Position your scale on a flat, hard surface. Do not place the scale on carpeting.

Step 2 – Step onto the scale at least once a week.

Step 3 – Note the reading on the scale and then record your weight in a notebook. Understand that your weight may fluctuate as you record your progress. For instance, prior to the start of your period, you might notice slight weight gain. Don't get discouraged!

Step 4 – Continue recording your weight loss at least once a week, every week, until you've achieved your goal.

REMINDER: Do NOT weigh yourself every day or multiple times a day. This can be discouraging because the numbers will likely fluctuating.

Measuring Your Weight Loss in Inches

Step 1 – Dress in as little clothing as possible. You will be measuring various areas of your body, and you do not want to throw off the results.

Step 2 – Step in front of a full-length mirror, with your measuring tape in hand. Relax your body. Don't attempt to suck in your tummy. Use the mirror to help you make sure the tape is held straight and in the correct location.

Step 3 – Grasp the end of the tape measure and wrap it around the biggest portion of your chest. Hold the tape around your chest just tight enough so that it does not sag. Note the measurement and record it in your notebook.

Step 4 – Measure your biceps halfway between your elbow and your shoulder and record it as well.

Step 5 – Measure your waist approximately 1 inch above the bellybutton.

Step 6 – Next move on to your hips, measuring around the largest part of the butt, with the heels of your feet together.

Step 7 – Finally, measure each thigh around the largest portion. Record each of these measurements.

Continue to track your weight loss in inches every eight weeks. Be aware that it may take more than a month for any noticeable weight loss in inches.

QUICK TIPS

QUICK TIP #1

It takes a deficit of 3,500 calories to lose 1 lb. of fat. By reducing your caloric intake and increasing your level of physical activity, you can achieve this deficit.

For example, reducing your caloric intake to provide a deficit of 500 calories a day, and then burning an additional 250 calories through exercise, can provide you with a weight loss of around 6 1/2 lbs. in as little as a month.

QUICK TIP #2

The Centers for Disease Control and Prevention (CDC) defines safe weight loss as 1 to 2 lb. per week. This is the ideal rate of weight loss you should average per week to allow your body ample time to adjust to the changes and to help you stick to your weight loss plan over the long term.