

WHY THE SCALE CAN LIE AFTER A WORKOUT?

by gFit



HOW IS THIS POSSIBLE? I JUST WORKED OUT, AND I WEIGH MORE THAN BEFORE!



RELAX. IT'S NOT FAT. LET'S FIGURE OUT WHICH WORKOUTS CAN MAKE THE NUMBER GO UP AND WHICH ONES WON'T.

YOUR WEIGHT AFTER A WORKOUT DEPENDS ON 2 SIMPLE THINGS: HOW MUCH FLUID YOU DRANK AND HOW MUCH YOU LOST THROUGH SWEAT.



AFTER A LIGHT, LOW-INTENSITY WORKOUT, YOU BARELY SWEAT. BUT THE WATER YOU DRANK DIDN'T GO ANYWHERE — YOUR BODY HASN'T FLUSHED IT OUT YET. THAT'S WHY YOU MIGHT SEE A HIGHER NUMBER ON THE SCALE.



I DIDN'T GO ANYWHERE! YOU BARELY SWEATED, SO I STAYED RIGHT HERE INSIDE!

AFTER A LIGHT WORKOUT, YOUR WEIGHT CAN GO UP BECAUSE YOU DRANK WATER BUT LOST ALMOST NONE OF IT THROUGH SWEAT.



BUT AFTER AN INTENSE, HIGH-INTENSITY WORKOUT, YOU LOSE BETWEEN 700 AND 1500 GRAMS OF FLUID THROUGH SWEAT AND BREATHING, EVEN IF YOU DRANK SOME OF WATER, THE SCALE WILL SHOW A DROP OF 100 TO 200 GRAMS. THAT'S WHY 90% OF PEOPLE WEIGH LESS AFTER A HARD WORKOUT.



AFTER THAT WORKOUT, I LITERALLY GOT SQUEEZED OUT! I LEFT THROUGH THE SWEAT AND THE BREATH!

AFTER AN INTENSE WORKOUT, YOUR WEIGHT DROPS BECAUSE YOUR BODY LOSES MORE FLUID THROUGH SWEAT THAN IT TAKES IN FROM WATER.



THAT'S WHY THE SCALE RIGHT AFTER A WORKOUT DOESN'T SHOW THE REAL PICTURE. THE MOST ACCURATE TIME TO WEIGH YOURSELF IS IN THE MORNING, BEFORE FOOD AND BEFORE A WORKOUT. ALWAYS AT THE SAME TIME, ONLY THEN DO THE NUMBERS TELL THE TRUTH.



I'M ALREADY PACKING MY BAGS. SEE YOU AFTER THE NEXT WORKOUT!



CONSISTENCY BEATS OBSESSION

WEIGH YOURSELF IN THE MORNING BEFORE FOOD AND BEFORE YOUR WORKOUT. THAT'S THE ONLY TIME THE NUMBER ON THE SCALE SHOWS THE REAL PICTURE.

CASE CLOSED.

NOW YOU KNOW WHICH WORKOUTS MAKE THE NUMBER GO UP AND WHICH ONES BRING IT DOWN.

WEIGH YOURSELF CORRECTLY AND COME TO THE WORKOUT!

