



Stuck on the Scale?

Sometimes stepping on the scale to check your weight can shock you. Despite your diligent weight loss plan, the scale occasionally gets stuck or even registers a gain. Try not to stress about it. Did you know that it is normal for your weight to fluctuate up to 5 pounds per day for a variety of reasons? Anything from consuming a big meal, to excess salt intake, water retention, constipation and hormonal changes can cause this fluctuation. Keep in mind that these day to day fluctuations are not an actual increase in your body fat. Increases in body fat take much longer to occur. However, seeing these fluctuations on the scale can be so discouraging when you have worked so hard to lose weight.

There are a number of ways to overcome this frustration.

Start by taking a break from the scale. During this time, learn to switch your focus away from a number and more to awareness on how you physically feel and how your clothes are fitting. Learn to use this as your main gauge of how your progress is going. Remember that overall eating better and exercise are major steps in becoming a healthier person.

Learn to reframe your mind when a setback occurs. Although you may feel frustrated and discouraged, stay positive about the hard work that you have already put in. Make sure to pat yourself on the back for all that you have accomplished to improve your health and quality of life.

Create a realistic and sound strategy to stay on track regardless of the setbacks. Just because you have given in to some food temptations or quit exercising for a few days do not completely fall off track. Get back on the plan that has been working for you. Learn to give yourself some flexibility. Make adjustments as needed to what is no longer working.

Remember that slow and steady wins the race. Make the changes that you can sustain for the long haul and stick with them. This is where it is key to not get stuck on the number on a scale from day to day. Continue to make healthy changes that you can stick with and the results will come!



**Of course it's hard.
It's supposed to be hard.
If it were easy, everybody would do
it.
Hard is what makes it great.**

- A League of Their Own

Featured Anti-Inflammatory Food

Brussels Sprouts

Eat more Brussels sprouts by trying out one of these great recipes!

Brussels Sprouts Salad

Ingredients

3 strips thick cut bacon	1 clove garlic, chopped finely
1 pound Brussels sprouts	½ teaspoon dried tarragon
½ cup dried or fresh blueberries	¼ teaspoon dried mustard
¼ cup chopped walnuts	¼ teaspoon sea salt
3 tablespoon lemon juice	¼ teaspoon black pepper
	¼ cup olive oil or avocado oil

Directions

Preheat the oven to 350. Bake the bacon on a foil lined baking sheet for about 15 to 20 minutes (until it is crispy). Allow bacon to cool and then chop into pieces. Next work on the Brussels sprouts. Remove any of the outer leaves that look bad, then thinly slice the sprouts as thin as possible – approximately 4 – 6 per sprout. Put the slices in a large bowl and add the blueberries and walnuts. Mix together your dressing in a bowl, combining the lemon juice, garlic, tarragon, mustard, salt and pepper. Then pour in the oil and continue stirring the contents until mixed well. Toss the dressing in with the salad, and add the bacon to the top.

Sautéed Brussels Sprouts

Ingredients

3 cups Brussels sprouts, halved	2 tablespoons olive oil
1 teaspoon black pepper	1/4 cup seasoned bread crumbs
1 teaspoon garlic salt	

Directions

Put the Brussels sprouts, pepper, garlic salt, and 1 tablespoon of olive oil in a skillet on low heat. Allow the Brussels sprouts to brown on each side before flipping them. After 10 minutes add the other tablespoon of oil and bread crumbs. Cook for 10 more minutes, flipping occasionally.



Special Feature
from our partner:
**Feed your
Vitality**

Did you know that Brussels sprouts contain omega-3 fatty acids? These are the same anti-inflammatory fatty acids that are found in foods like salmon and flaxseed.



Check us out at:

www.feedyourvitality.com

Newsletter Quiz

1. Do you find weighing yourself encouraging or discouraging?
2. Where else, besides brussels sprouts, are omega-3 fatty acids found?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by November 30, 2015

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