

## **SCALE WEIGHT FLUCTUATIONS**

### **10 Reasons Your Weight Changes That Are NOT Body Fat**

- ⇒ Daily weight fluctuations are normal.
- ⇒ The average adult's weight can fluctuate by up to 3 kilograms per day.
- ⇒ There are numerous factors APART FROM body fat that will impact your scale weight.

#### **HERE ARE 10 REASONS WHY YOUR SCALE WEIGHT MAY HAVE INCREASED:**

**1. Carbohydrates:**

Carbohydrates are stored in muscle cells. For every 1g of carbs we store 3-4 ml of water.

**2. Sodium:**

When you consume excess sodium (think sauces), sodium is absorbed by the body's cells. During this process water piggy backs with the sodium and is also stored in the cell.

**3. Fibre:**

Fibre has a similar response to sodium where it pulls water into your digestive tract.

**4. Water:**

The amount of water you drink, combined with the 3 factors above (carbohydrates, sodium & fibre) leads the body to retain more fluid.

**5. Stress:**

When you are stressed, hormones (cortisol & aldosterone) can get out of whack & cause water retention.

**6. Sleep:**

Poor sleep or lack of sleep not only stimulates cortisol (which leads to water retention), but also makes you more likely to crave & eat more undesirable foods the next day.

**7. Exercise:**

Short-term: Exercise in warm climates can dehydrate you.

Long-term: Resistance exercise can lead to you building muscle.

**8. Food volume:**

If you eat more, it will add to increased gut content and faecal matter.

**9. Urine and Poo:**

Pretty self-explanatory this one ☺

**10. Menstrual Cycle:**

Estrogen can increase during your cycle and cause sodium & fluid retention. First day of full flow has been shown to yield the highest amount of fluid retention in 'most' women.

#### **PRO FACTS:**

1. *Your scale weight is NOT only a representation of your body fat levels.*
2. *If your scale weight has gone up unexpectedly, take a deep breath, go through the above points like a checklist and see what might be causing the issue.*