**10 Victories That Prove Weight Loss is More Than a Number On the Scale**

When it comes to getting in shape, many of us are only concerned about the number on the scale – when instead, we should be focused on our health. While you might think that a smaller number on the scale goes hand-in-hand with healthy weight loss, it’s not always that black and white.

Too many factors contribute to the number you see on the scale. This insightful [article](https://www.linkedin.com/pulse/lessons-from-gnomeits-your-weightits-gravity-ellen-kocher?trk=v-feed&lipi=urn%3Ali%3Apage%3Ad_flagship3_feed%3BQQovB8Ywvt5Jz04h9wwW3A%3D%3D) demonstrates that weight is merely a measure of the force of gravity on our bodies – not a measurement of health. Your weight will fluctuate regularly do to many different causes such as your hydration level, sodium intake, exercise, muscle development, digestion, or even certain medications.

It’s self-sabotage to only measure your fitness progress by weighing yourself on a daily basis. The number you see on the scale is too unreliable to base your health and fitness on. You could be making some major improvements, but if the scale doesn’t reflect that (which it usually doesn’t), you’ll be discouraged and tempted to give up.

However, when you focus on achievements that truly reflect your weight loss progress, you’ll feel more confident and learn that becoming healthy is more than just a number. Start celebrating these 10 victories that prove weight loss is more than just a number on the scale:

**More energy.** Feeling more alert and energized throughout the workday? Eating healthily and exercising regularly will do that for you. You might even be able to skip that afternoon coffee!

**Baggy clothing.** Are your jeans feeling a little loose? Slimmer hips mean you’re making a lot of progress! There’s no better feeling than being able to fit into your favorite pair of skinny jeans.

**Compliments.** Who doesn’t love being asked, “Have you been losing weight?” Your family, friends, and co-workers aren’t lying when they give you compliments. While the number on the scale might not be as low as you would like it to be, your peers will definitely notice a difference about the new, healthier you.

**Health numbers.** Unlike the number on your scale, *these* [numbers](http://info.totalwellnesshealth.com/blog/key-numbers-for-heart-health) are actually extremely important! As you start to get in shape, your key health numbers such as blood glucose, cholesterol, and blood pressure should improve.

**Improved endurance.** After some time, you might start to notice that you can workout harder and longer. Or maybe after a few weeks at the gym you notice that the three flights of stairs it takes you to get to your apartment don’t leave you winded.

**Healthier cravings.** Before you started eating well, you probably craved sweets or junk food regularly. If you find yourself now craving healthier foods like fruits, whole grains, and veggies instead, you’ve kicked your [sugar addiction](http://info.totalwellnesshealth.com/blog/8-signs-that-you-are-eating-too-much-sugar) and definitely deserve to celebrate.

**Confidence.** Do you feel stronger or more attractive? Getting in shape will cause you to feel better about yourself and give you the self-confidence you’ve always deserved.

**Better mood.** Eating nutrient-rich foods and [exercising](http://info.totalwellnesshealth.com/blog/7-stress-relieving-exercises-for-an-instant-pick-me-up) regularly naturally lift your mood. You might start to feel less stressed, happier, and more [optimistic](http://info.totalwellnesshealth.com/blog).

**Quality sleep.** Exercise and a healthy diet do wonders for you sleep habits. You’ll be able to go to bed earlier, fall asleep faster, and get better quality of sleep than you used to.

**Improved lifestyle.** Starting the journey towards a healthy lifestyle is rewarding in many ways. You’ll start to develop healthy habits that will improve both your physical and mental health. You might learn to cook, develop a new athletic hobby, or make a new friend at the gym.

The bottom line is that health is a lot more than a number on the scale – and your journey to a healthier lifestyle shouldn’t revolve solely upon how much weight you’ve lost. Instead of stepping on the scale, focus on celebrating the victories that empower you and contribute to a healthier, happier life.