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Scientifically SLIM™

30 Proven Ways to Lose Weight & Keep It Off

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Weigh Yourself Regularly

"...frequent self-weighing may help with long-term maintenance of weight loss."

Reference: Butryn ML, Phelan S, Hill JO, Wing PR. Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity*. 2007;15(12):3091-6.

The National Weight Control Registry (NWCR) is a database of successful dieters who have lost at least 30 pounds and maintained that weight loss for over a year. In analyzing 3003 (yes, that's two zeros in-between!) of such members, researchers found that there was one particular weight loss behavior that was associated with successful long-term weight loss – frequent self-weighing.

The research study found the following in successful weight losers: 36% weighed at least once a day; 79% weighed at least once a week.

Furthermore, it was noted that participants who maintained or increased their self-weighing frequency over the 1-year period found themselves regaining less weight, while participants who decreased their self-weighing frequency reported eating more fatty foods, among other unwanted behaviors!

One explanation for frequent self-weighing is that it may help to increase greater awareness of one's weight changes. This can in turn motivate the person to make appropriate changes to one's lifestyle behaviors to prevent additional weight gains.

Frequent self-weighing may help you lose or maintain your weight because you are now more aware of the changes as they happen before its too late.

Action Points & Reflection

Date: _____ My weight: _____

How often do you weigh yourself? (circle one)

- Never
- Half-Yearly
- Monthly
- Weekly
- Daily

For some people, frequent weighing may be distressing. What would be your reason/s? List them down.

Can you think of where you would like to place your weighing machine at home or office so that you can take measurements conveniently?

When would be a convenient time to weigh yourself?
(Hint: Its good to do it in the morning when you wake up and go the bathroom, but definitely not after a meal!)

When you see a slight increase in your weight on the scale, what would be your plan of action? (E.g., be careful of the amount I eat at my next meal, exercise for 15mins more)