

## Non-Scale Victories

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In the pursuit of health and wellness, our focus often fixates on the numbers – the digits on the scale, the inches around our waist, or the calories on our plate. While these metrics are undoubtedly markers of progress, they are not the sole indicators of success. In fact, there is a whole realm of victories beyond these numerical measurements, often overlooked but equally, if not more, significant. These victories are what we call "non-scale victories," and they deserve celebration and recognition just as much as any drop in weight or decrease in body fat percentage.

Non-scale victories encompass a broad spectrum of achievements beyond changes in body weight or other number-focused metrics. They reflect the holistic improvements in our physical, mental, and emotional well-being resulting from adopting healthier habits and lifestyles. These victories are personal and unique to each individual, but they share a common thread – they signify progress, resilience, and positive change.

One of the most notable non-scale victories is the improved ability to engage in daily physical activity. Something as simple as walking up stairs without feeling winded or being able to carry groceries without strain may seem mundane, but for someone who has struggled with mobility or fitness, these achievements are monumental. They signify improvements in strength, stamina, and overall functional fitness.

Better sleep quality is another non-scale victory that often goes unnoticed but is extremely important for overall health and well-being. Achieving better sleep not only improves energy levels and mood but also enhances the body's ability to repair and regenerate, supporting long-term health and vitality.

Reducing medications is one of the most profound non-scale victories one can achieve. It reflects improvements in health markers such as blood pressure, cholesterol levels, or blood sugar, leading to a decreased reliance on medication to manage chronic conditions.

Non-scale victories can also be smaller than those mentioned above. Something as simple as swapping a piece of fruit for a sweet treat or sneaking in an extra glass of water can be considered a non-scale victory and should be celebrated.

Looking to celebrate more non-scale victories? Here are a few suggestions:

- I added vegetables to every meal today.
- I snuck in a 10-minute walk during my lunch break.
- I tried a new recipe.
- I have been completing my breathing exercises regularly.

- I am consistently sticking to my bedtime.

Non-scale victories are powerful reminders that success is not solely defined by numbers on a scale or other quantitative measures. They highlight the multifaceted nature of health encompassing physical, mental, and emotional aspects of well-being. By acknowledging and celebrating these victories, we can cultivate a more sustainable approach to health that honors progress in all its forms.