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### The Ten-Million Dollar Question

In my previous article on goal-setting, I mentioned that the key to a successful fitness or weight loss program is establishing sound goals and objectives. One thing I want to clarify is that it is possible to set the wrong goals when one is seeking weight loss. When the wrong goals are established the entire process could be doomed right from the start. This leads me to my main point, and the focus of the rest of this article.

When a client says that they want to “lose weight”, I immediately follow their statement with what I call my “Ten-Million Dollar Question”. That question is this – “**Do you want to lose weight or inches?**” This question will typically lead to a discussion on why it is important to know the difference between merely losing weight and actually losing inches. There is a significant difference between the two goals.

When one loses weight, especially when it is lost quickly, it is also possible to lose muscle which typically should not be the goal in a weight loss program. Losing muscle can actually hinder one’s weight loss efforts.

Many people forget that muscle and fat are two separate entities and that it is always best to lose fat and either maintain or even increase muscle mass.

This will not always lead to mind-blowing weight loss. However, when one loses inches, they usually become less concerned with body weight because they will look and feel so much better. Their clothes will fit much more comfortably leading them to the conclusion that losing weight should never have been their main goal to begin with. It should have instead been to improve their overall health and wellness through sound fitness and dietary practices. Focus on this and weight loss will follow.