Do you know why most popular diet programs are unsuccessful?
Do you know why so many lose weight only to gain it back?

Typically, most of us use a scale to track weight and assess our progress. But, too often, successful dieting and fitness programs are sabotaged because the scale doesn’t tell you what’s really happening in your body. A scale can only tell you how much you weigh; it cannot tell you how much of that weight is muscle mass, fat mass, bone mass or water weight. So it’s important to not get caught up with the numbers on your scale. A scale can’t tell you if your body fat percentage has changed, and it certainly can’t tell you if you’re looking or feeling better.

Ultimately, the best approach to being successful with a weight management program is to focus on fat loss and body composition. This focus is also a key component to developing a lifestyle strategy that is easy to maintain, leading to long-term success and personal satisfaction. With this in mind, Mannatech’s TruHealth™ 30-Day Fat-Loss System was designed to help cleanse and nourish your body with the power of real-food nutrition; to encourage fat loss and weight management through diet, exercise and nutritional supplementation; and to help you establish ongoing healthy lifestyle choices.*

If your goal is weight loss, it should be fat loss through the improvement of body composition. This will require lowering your percentage of body fat and increasing lean muscle tissue. Most people don’t realize that muscle weighs approximately 20% more than fat per inch. While muscle is lean, firm and flat, fat is bulky, fluffy and takes up more space per pound. So, while following a healthy fat-loss and fitness program, you could actually end up weighing more than when you started, but still be in much better shape.

If you were to compare two men who were both the same age, same height—5 foot 11, and same weight—220 pounds, they would be listed as overweight on the BMI chart. However, if one man was a bodybuilder at 5% body fat and the other man was a typical American with about 30% body fat, the two would actually be very different in terms of their body composition and, quite likely, their health.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

1. Kaats GR, Nugent S, Stohs SJ Preuss HB. Using a Body Composition Improvement index (BCI) to improve the assessment of nutritional interventions. Curr Nutri Food Sci (accepted for publication 2015).
If you really want to be a healthier, leaner version of you, what you should be paying attention to are the changes in your body composition (inches lost or even gained in the right places), how you feel and how your clothes fit.

**WHY BODY COMPOSITION IS IMPORTANT**

- Body composition has an impact on your health whether you are overweight or of “normal” body weight.
- An unhealthy body composition consists of too much body fat in comparison to your lean muscle mass—particularly if it’s abdominal fat.
- As your body fat-to-lean ratio increases, so do your health risks.
- Factors that contribute to an unhealthy body composition include: increased consumption of highly processed foods, lack of exercise, overeating, lack of whole foods in your diet and excess alcohol intake.
- A healthy body composition doesn’t only improve your general health but it can also change your quality of life for the better.

Tracking your body measurements is a great way to gauge your success on a fat-loss/weight-management program. Keep in mind that inches lost are more important to your success than the numbers on your scale.

Start out your healthy lifestyle plan, or your “new normal,” by taking a photo of yourself before you begin so you will have a visual tool by which to gauge your progress. You’ll also want to record your measurements somewhere fairly visible, as these are the numbers where you’ll see size reductions that the scale can never reveal.

Measure yourself with a tape measure at key points of your body once a week:

- **Neck** (at narrowest point)
- **Upper Arm**
- **Chest**
- **Waist** (at navel or belly button)
- **Hips** (at widest point)
- **Thigh**
- **Calf**

Losing fat, creating a better body composition and maintaining a healthy lifestyle doesn’t happen overnight. It is a long-term commitment and a lifetime transformation that involves continuous work. If your progress seems slow at first, don’t give up! Be patient with yourself and your body. If you keep at it, it will get easier and you will begin to see and feel real results, both physically and mentally. You’ll be on your way to a healthier lifestyle and a healthier you.