Early to Rise Customer Support

I am following the program but struggling to get results.

Honey - 2020-02-07 - Exercise FAQs and Substitutions

I have a politically incorrect secret for you, but it is BAD news for women. Your weight will fluctuate a LOT more than it will for men. Why? It is because women have a monthly menstrual cycle that leads to a lot of water retention. This is amplified by the travel lifestyle. The good news is that you are getting fit. You are burning more calories. You are boosting metabolism.

Here’s what I want you to do. Take circumferences of your waist, hips, legs, and arms. Keep following our program. Measure these every 7-10 days. These measurements are what matter, not the scale weight. Scale weight means nothing. How you fit into your clothing is what matters.