



# SCALE

# DOWN

Don't be misled by how much you weigh!

By Obi Obadike, B.A.B.S., M.S., CFT.  
WBFF Pro Male Fitness Model World Champion

**Y**ears ago I used to be so focused on the scale and how much I weighed and I've realized over the years that the scale doesn't mean anything at all in terms of how fit you are. I think guys for some reason are so focused on how much they weigh and they use that number to determine how muscular and how fit they are. I remember when I was weighing around 230 to 240 a couple of years ago and I thought it was so cool to have these 19 inch plus arms and having this thick rounded face. What I had at that particular time was the skinny complex which all guys have experienced or maybe are still experiencing.

Every time I looked in the mirror I still saw myself as that skinny guy in high school and so I never was happy with how I looked because I was always thinking I was skinny even when I wasn't. I remember how much I had to eat daily to look like that and to be honest with you it wasn't fun. My whole life was revolved around eating large amounts of food

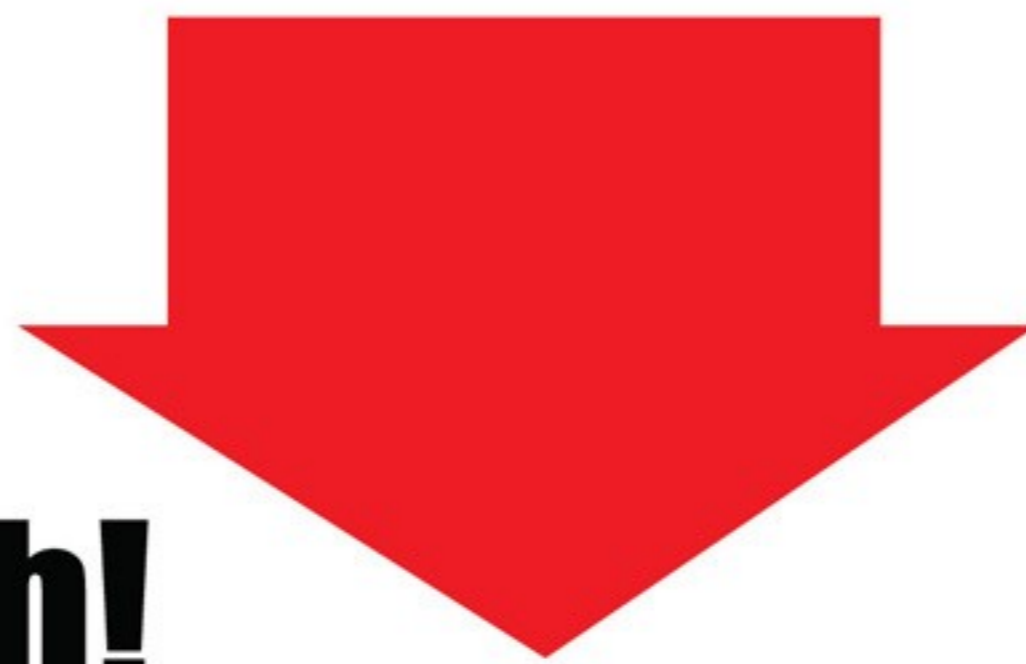
and weighing myself several times a day. I realized that this was not considered healthy and I hated having to eat more than 4000 calories a day just to maintain a weight that was too much for my frame or to say or brag I was a certain weight to my friends.

Within time as I got older I realized that what I weighed didn't matter and that being lean and healthy was what mattered to me in every day life. So I dropped down in size and I felt healthier and I was a much happier person. Even if you are a natural bodybuilder or even a fitness model what you weigh shouldn't determine how you look for a photo-shoot or competition. Always use the mirror as your gauge because typically the leaner you look the bigger you will appear. To every aspiring fitness model that has emailed me and there has been many please stop playing the size game as it doesn't mean anything in reference to selling fitness magazines.

Some of the guys that are in fitness magazines or are on stage winning competitions would surprise you if

# SCALE Don't be misled by how much you weigh!

By Obi Obadike, B.A.B.S., M.S., CFT.  
WBFF Pro Male Fitness Model World Champion



"BEING LEANER WILL ALWAYS GIVE THE ILLUSION THAT YOU WEIGH MORE AND ONCE YOU UNDERSTAND THAT CONCEPT THEN HOW MUCH YOU WEIGH MEANS ABSOLUTELY NOTHING IN REFERENCE TO HOW MUCH LEAN MUSCLE MASS YOU REALLY HAVE."

they told you how much they truly weighed. My good friend **Kelechi Opara**, "The Natural Freak", doesn't weigh more than 74KG when he does his shoots and you can clearly observe his physique from pictures that the guy looks huge and at times he looks like he weighs over 91KG. He gives that illusion that he weighs more because of how lean he is all year round.

My good Aussie friend and great natural bodybuilder **Sasho Ogrenovski** weighed 80KG on stage at 6 feet at the Musclemania show and the man was shredded to the bone. You would never have thought he weighed that much as he looked like he weighed over 95KG. But because he was so lean he looked like he weighed more. In the images in this article I weighed about 84 KG at 3BF% per Hydro and that was at 6FT 2 inches. You would have never

have thought by looking at this picture I weighed 84KG and most people would think wow at 6FT 2 inches at 84KG that's sound like a pretty skinny guy, well not if 97 percent of that is all lean muscle. Yet another fine example is the editor of this magazine **Steve Jones**. Steve never competed at much over 85KG yet always looked to be 95KG plus onstage or in photographs! Being leaner will always give the illusion that you weigh more and once you understand that concept then how much you weigh means absolutely nothing in reference to how much lean muscle mass you really have.

By the way I am not saying that being fewer than 4 percent is healthy because it isn't but find your balance and what works for you in terms of the ideal body-fat percentage for you to be fit and healthy. Don't focus on how much you weigh and don't use that as the determination of how fit you are. Many guys seem to use that number to determine how much muscle they have which is so false. Your true weight is your



The incredible Physique of 2010 ANB Asia Pacific Champion Sasho Ogrenovski weighing in at only 80kgs but looking much heavier! Photo by Steve Jones.



My good friend **Kelechi Opara**, "The Natural Freak", doesn't weigh more than 74KG when he does his shoots and you can look clearly observe his physique from pictures that the guy looks huge and at times he looks like he weighs over 91KG. He gives that illusion that he weighs more because of how lean he is all year round. Photo By Ralph Dehaan

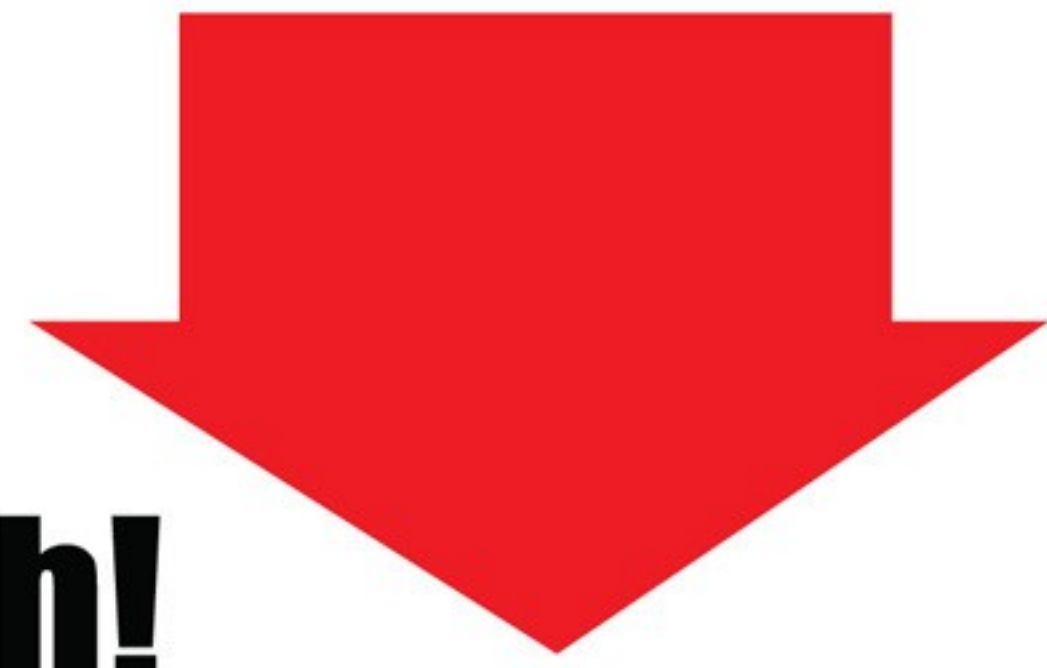
lean muscle weight not what the scale tells you.

The three things I would use to determine how fit I am physique wise but not cardiovascular wise by the way is: I use the mirror, my BF% and how my clothes fit. The number on the scale isn't indicative of how much muscle you have or how well you carry that muscle. I used to think like everybody else did and if somebody gave me somebody's height and weight I would make my assumption before ever meeting that person how fit they were which is honestly silly. The leaner you are the greater the illusion you create of how big you are and how much you truly weigh.

With women it is important to not to focus on the scale as well and focus more on body-fat percentage, what the mirror says and how your clothes fit. There are times when your weight will stay the same but you will drop 2 to 3 percentages in body-fat. I think it is very important to understand that the scale doesn't measure your body-fat percentage nor does it

# SCALE DOWN Don't be misled by how much you weigh!

By Obi Obadike, B.A.B.S., M.S., CFT.  
WBFF Pro Male Fitness Model World Champion



"SO DON'T FOCUS ON THE SCALE AS YOU WILL MAKE YOUR SELF CRAZY IF YOU DO AND JUST BECAUSE IT DOESN'T MOVE DON'T MEAN THAT YOU AREN'T IMPROVING."

measure how much lean muscle you have. So don't focus on the scale as you will make yourself crazy if you do and just because it doesn't move doesn't mean that you aren't improving. Many women seem to believe if the scale doesn't move they aren't progressing fitness wise which is not true.

Many people use the BMI which is called the Body Mass Index to measure if a person is underweight or overweight by inputting the person's height and weight. An adult that is considered overweight has a BMI of 25 to 29.9 and if you are obese it is over 30. It is typically used as a good indicator of body-fat but it can be skewed a little bit when applying to well condition athletes with a lot of muscle.

If you are carrying a lot of muscle for your height the BMI could consider you as being overweight as it doesn't take into account a person with a high amount of lean muscle. In fact I believe the BMI considers me overweight. The BMI is a tool that can be used for the average person in terms of



In this image our was only weighing around 84KG!  
Photo by Arsenik



My good friend and editor of Natural Bodz Magazine Steve Jones.  
In this photo only weighed in at 84KG!

health and fitness but for the well conditioned athlete I would say it throws it off. Hopefully any male or female that is reading this article can stop beating themselves up if they see a number on the scale when they weigh themselves that they don't like. Remember the scale is not your gauge to measure your fitness level.

- Obi Obadike  
B.A.B.S., M.S., CFT.  
WBFF Pro Male Fitness Model World Champion  
[www.obiodadike.com](http://www.obiodadike.com)

**WWW.NATURALBODZMAGAZINE.COM**