

People Who Weigh Themselves More Lose More Weight

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New York Magazine:

Within the general category “trying to lose weight,” there is a huge range of behaviors. Some people take this quest very seriously, diligently tracking seemingly every category down to the bite. Others see it as a more general long-term goal, but one that doesn’t end up hugely affecting their day-to-day life. It’s not surprising that this latter group tends to be less successful in their efforts, and a new study in PLOS ONE led by Elina Helander from Tampere University of Technology in Finland (and co-authored by friend of Science of Us Brian Wansink) makes the case for a vigilant approach to weight loss, at least when it comes to weigh-ins.

Read the whole story: [New York Magazine](#)