Don't focus on the number the scale shows

Muscle mass helps to burn more calories while body fat does not. Putting on muscle weight will not make you look bigger. Muscle covers less space in the body versus fat. You can weigh the same, but will look smaller with 5 added pounds of muscle compared to 5 added pounds of fat.

Muscle is 20% more dense than fat tissue. This means that muscle covers only 80% of the space than fat tissue does.

Fat tissue is 80% less dense than muscle. This means that fat covers 20% more space than muscle does.
We all weigh 154lbs

It is important to note that muscle and body fat contribute to how you look in the mirror, but also your height and distribution. Everyone is made beautifully unique! We will carry fat and muscle differently throughout our body than our neighbor.