Can Reducing Clutter Help You Lose Weight?

Did you know that the average person in America weighs around 2,000 pounds? That’s the typical weight of all the possessions a person owns. Furniture, clothes, seldom-used appliances, unread books, and boxes full of items from the past all contribute to the 2,000-pound weight that you are likely carrying around. The idea of “cleaning house” has been a pillar of health and wellness for centuries. A streamlined space has a chain reaction that benefits your mental, emotional and physical health. 

**Health Benefits of Extra Space**

Whether it’s that old armchair that no one sits in, or a craft corner that you haven’t used in years, clutter comprised of large items or parts of an entire room eat away at space that could be used for weight loss and health goals. For example, the craft corner that has slowly overwhelmed an entire space could easily be used as a place for yoga or to do digital workouts. 

**How Clutters Harms a Healthy Routine**

Picture this: you wake up to a messy, overstuffed closet. Your counter is overloaded with appliances you haven’t used in years. You are running late so you skip breakfast an apt for fast food or simply skip it altogether, slowing your metabolism. Your level goes up and you are more likely to overindulge when lunch comes around.

The same thing is true when you arrive home for the evening and are bogged down by a cluttered home that is consistent need of cleaning and organizing to make space. It’s pretty obvious how an over-cluttered home can cause a negative effect on your plans to lose weight and get healthy. Put your home on a clutter diet and watch the scale shift as you clean house. 

**The Benefits of Maintaining**

There is a direct correlation between maintaining a home that is clean, cozy and clutter free, and maintaining your target weight. Starting any journey to lose weight should start with a clean slate, and that includes a clean home. A weight loss journey isn’t simply focused around shedding extra pounds. It is about a healthy lifestyle that sheds unwanted habits like junk food, fast food and high-sugar drinks. Organizing and decluttering your physical space will give you a jump start to organizing your mental space, kicking off your weight loss. 

**How Your Physical Environment Affects Stress Levels**

It’s no secret that having clutter in your home brings stress right along with it. No one gets a good reaction when they have to wade through an overstuffed closet or a garage packed with boxes that haven’t been touched in a decade. With all the stress going on, shortcuts begin to look very appealing. If you’re a parent, you likely will seek a shortcut for yourself first, as parents tend to focus on putting their family first.

This can also be true of most people with a full-time job. The first things to go are usually skipping the workout and not taking the time to properly plan your own meals/meal prep. An organized home fuels an organized life, helping you shed stress and those unwanted pounds with ease.