

- 1. Clean up your diet.** Once you find a diet that works for you, stick to it. Researchers at Tufts University followed 160 people on four different weight loss plans and found that the type of diet participants were on didn't matter as much as the participants' willingness to stick to their diets. If you've been dieting for a while, you might have become a little lax with your food choices and portions, so tighten them up again. To lose those last pesky pounds, and choose lean protein and green vegetables. Keeping a food journal will help you track everything you eat and get your calories under control.
- 2. Cut out some carbs.** A simple, short-term trick to losing weight is to cut back on carbs until you're at your goal. Eat all five portion controlled meals and one lean and green daily. Skipping a meal could mean that you will get extra hungry or crave something unhealthy.
- 3. Bump up the intensity of your workouts.** No matter what workout program you're doing, you will lose weight faster if you kick up the intensity. Jump higher, squat lower, and increase the weight you're lifting to burn more calories, rev your metabolism, and stoke the fat-burning fire. You'll bust through a plateau by putting out more effort when you exercise.
- 4. Change your exercise routine.** If you've already increased the intensity of your workout program and still find that your weight loss has slowed, it might be time to try something different. When you perform the same exercises over and over, your body becomes more efficient at them. As a result, you use less energy and burn fewer calories. By starting a new fitness routine, you'll shock your muscles, reignite your metabolism, and get the scale moving again..
- 5. Stand up.** Researchers at the Mayo Clinic found that lean people spend 2 more hours per day on their feet than overweight people. Participants in the study who stood, paced, and fidgeted burned as many as 350 extra calories a day and were much leaner than those who didn't move as much. Get up from your desk at work, talk on the phone while standing, and stay on your feet in waiting rooms—the simplest effort will yield an extra calorie burn that may help you shed those remaining pounds.
- 6. Weigh your Lean and Green Portions.** I have found that it is easy to forget how much 5-7 ounces of lean protein is as well as the 1.5 cups of green veggies. Be sure to weigh your food for a couple of days each month to remind you of proper portion.
- 7. Drink more water.** You may not realize how important water is for weight loss—it's not just a tool to help you eat less. Being properly hydrated will balance your energy levels, which allows you to exercise with intensity. (Have you ever been so thirsty during a workout that you couldn't perform as well as usual?) Drinking enough water may also increase your metabolism and promote muscle building—a well-hydrated body can more efficiently repair and build muscles. On the other hand, being dehydrated encourages muscle breakdown. So drink up, especially since you are exercising regularly.
- 8. Relax.** Believe it or not, you may be trying too hard to lose weight. If your workouts are very intense and your diet is too strict, you could overtrain and burn out. Your mind and body will just not respond in the same way when they're tired. Muscles need rest to repair and grow, and sometimes your brain needs a break from constant calorie counting and worrying about the last few pounds. Instead of becoming frustrated and diving into a box of cookies, try to relax and reduce the intensity for a little while. You may be surprised to find the scale moving again when you give your mind and body a rest.
- 9. Reevaluate your goal weight.** First, congratulate yourself on getting to this point. Losing weight is not easy, and you've already accomplished a great deal—so enjoy your success. The next step is to ask yourself if the "magic" number on the scale is really the best weight for you. Re-read the first 5 chapters of Dr. A's Habits of Health to get you on the right track will help with your success.

