

Weight Loss Plateau

How to Stay Positive During A Weight Loss Plateau:

Have you hit a plateau? That time when your scale seems to be stuck at the same weight for days or sometimes weeks? If you are there right now, don't panic!! It's only a temporary condition and you will be losing again if you just keep your cool, your courage and your will to reach your healthy weight! Now is not the time to give up!!

Congratulations on your weight loss so far! What you're experiencing is common – many clients who are successful find that their weight remains static for several days or some stay put for a week or two. Why this happens isn't clear but it seems to be the body's way of 'catching up' with its sudden change in size.

Although it's disappointing when you don't lose weight steadily, this is a crucial time for you. It's at this point that many people give up, fail to reach their goal and pile the weight back on. In contrast, most people who get through this difficult patch go on to reach their goal, and then stay slim forever.

There's never been a more important time for you to stay motivated so look back on your success to date, whether that's checking out your journal or comparing pictures of yourself before you started losing weight, with pictures now.

You might also find it motivating to measure your vital statistics – even though the scale doesn't show a loss, you might still find you're losing inches. I always suggest that you weigh in only once a week, first thing the same day of the week and also try on the same pair of jeans to see how they are fitting. If you haven't already done so, you should make sure you update your Goals Chart with your current weight.

So, what do you do? Well.... Please don't stop your program!!

What should you do?

1. Make sure you are starting your day with a Medifast meal! Within the first hour of waking, fuel your body with a highly nutritious shake, oatmeal, or cappuccino.
2. Make sure you are getting all your meals in daily. The easiest way to guarantee this is to eat every 3 hours. Log it into your Support in Motion.

3. Be aware of your total carbs. If you hit a plateau, try to stay between 80-85 grams of carbs per day.
4. Be honest... are you measuring your lean and green meal to assure the proper calories and carbs? Remember that the meal should be no more than 400 calories and 10 carbs. Maybe you are adding extra carbs elsewhere...sugarless gum? Fruit? Nuts?
5. Begin an exercise program that will help to boost your metabolism. Simply walking at a good pace (still able to talk) is a great way to start. Add weight training and more vigorous aerobics as you feel fit to do so. Building muscle is important to your maintenance program because as you increase your muscle mass you'll increase the amount of calories you burn daily. Try increasing the intensity and frequency of the workout.
6. Change your workout if you have been doing the same thing for awhile. For example...Change out the elliptical for the treadmill or bicycle. Begin swimming or choosing different weight machines or exercise DVDs.
7. Ask for Help. Chances are your Health Coach has been through a plateau and can give you some great tips and motivation! Contact your coach to help you design a food plan for your week or contact Nutrition Support at nutritionsupport@tsfl.com.
8. There may be some stress in your life that is causing your weight loss to slow. Make sure you are getting enough sleep
9. Make sure that you are drinking enough water, at least 64 ounces. Even better is take your current weight divide it in half and that will give you the approximate ounces of water needed each day.
10. Strengthen your will power. This is the time to reflect on how well you've done so far, how you like your new found body and self, the control over food and choices that comes with this program.
11. Do not be hard on yourself!! It happens to almost everyone, no matter what weight loss program they choose. The difference will be whether you stick it out or quit. And remember...the improved lifestyle and the feeling of accomplishment you will have when you reach your goal and have gotten those unwanted pounds off is so worth the wait and continued effort!