



DON'T PANIC

Getting Off Plateaus

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Healthy for Life
Weight Maintenance

First things first:

1. Write your weight on your chart.
2. Draw a line from your 28th week's weight to the 31st.
3. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Are you doing something different?
 - c) Make a note about how you did this month.



What is a "Plateau?"

- To "reach a state of little or no change after a time of activity or progress."
- *Getting to a "weight loss wall."*
- One of the most common frustrations in weight loss is when progress halts despite the fact that you are diligently following your plan. Such plateaus are predictable and explainable.
- It's not a matter of "if," it's a matter of WHEN.



How do I get moving again?

It all starts in your head.



Fed up with how her diet is going, Charlene takes a more serious aim at her target weight.

Ideas for You!

- Using the same approach that worked initially will MAINTAIN your weight loss (which is good!), but it won't lead to more weight loss.
- Reassess your habits – measure your waist as well as your weight.
- Re-do your BMR with your NEW weight.
- Change your workout.
- Find ways to include more ACTIVITIES of daily living.

Your Perspective = Your Reality

- Concentrate on building your mental strength – "brain power."
- Positive Self-Talk
 - Stay the Course
 - Trust the Process
 - One Step At A Time
 - I am Healthier Now than I was Before
 - A Zero Trend is a Good Trend
 - Some of the best things in life come only with hard work.
 - "Give Up" is NOT in my vocabulary.
 - I am not yet where I want to be, but this is good enough for now.



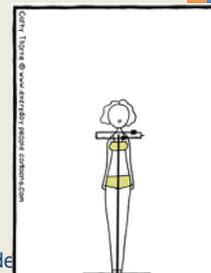
What's Your Personality?

Know your tendencies and make an educated guess.

- **Impulsive.** If you have a tendency to be impulsive, you might see a pint of Ben & Jerry's in the freezer and go for it. Re-establish your "safe haven," remove those temptations. **Pre-plan your eating to help remove the opportunity for snap-decisions.**
- **Oblivious.** If you tend to not pay attention when you eat -- maybe you're a TV snacker? -- extra calories can creep back in very easily. You need to avoid such situations if you want to control portions and keep up with that journal!
- **Uptight.** Emotional eaters, this is you. Does anxiety, nervousness, boredom or depression trigger you? Your first step is re-focusing on WHY you are eating, and paying attention to hunger cues. The next step is to take steps to address the TRUE issue.
- **Tenacious.** You can make a plan and stick to it. If you are highly self-directed, cooperative, and have a lot of stick-to-it-iveness, it may be as simple as re-assessing your routine.

Back on Track - Food

- Stop the creeping tide. Get the measuring spoons and cups or scale back out. Even RDs overestimate!
- Find new places to save calories. Your taste buds have changed. Can you go without the full-fat mayo now?
- What are you eating? Your body needs nutrients to lose weight. Focus on nutrient-rich.
- Re-dedicate yourself to making your own food.
- Focus on protein and fiber. Include a good source of each every time you eat.
- Try ADDING calories on workout days.



Back on Track - Activity

- Mix it up – Super Body is asking for a new challenge!
- Include strength training 3x/week. Build muscles to build metabolism (and tone your body).
- Intervals – push the envelope a little.
- Change the intensity, duration, frequency or mode of exercise.
- Wear a pedometer.

"Motivation is something you *create*, not something you wait for."

Check out some great videos and more on this article:

<http://exercise.about.com/od/plateaus/motivation/motivation.htm>



Back on Track – Healthy Habits



- Stress (like worrying about not losing weight) can stimulate eating and weight gain.
- How is your sleeping? Get serious about your zzz's.
- Recovery is just as important as activity.
- Focus on something else. Volunteer, join a group, sign up for a class, join a team.
- Try an activity designed to help stress and anxiety.
- Use it whenever you need it. Child's pose in the kitchen??

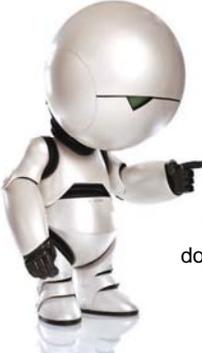
*Chill Out,
and Back
Off*



- Give your mind and body a break.
- Think about eating intuitively – are you really craving that salty snack, or might it be other nutrients that are out of whack?
- Each person is unique, and every person responds differently.
- Stay the course and find out how to work with your body – what is it that it responds to?
- Try ADDING calories IF you have been faithful to a low calorie diet.

Search for your escape

- You have to try the doors to know if they lead out.
- Is it that you need to relax and stop worrying about it so much?
- Is it that you are overestimating your calories?
- Is it that you've lost enough weight that you've closed the calorie gap by bringing down your BMI?
- Is it that your body has gotten used to your workout?
- Is it a combination of some or all of the above?

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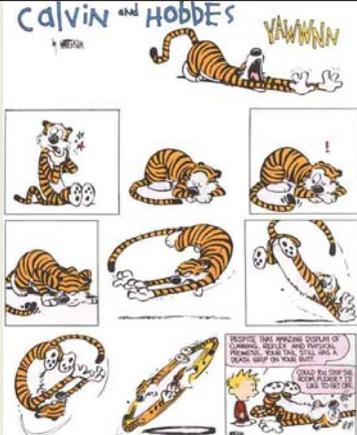
What you have done in the past doesn't work. Sticking with it **DOES**.
This too shall pass!



This Month:

1. **Challenge:** Try something different. Change something.
2. **DO** what you've decided that you will to meet your goals.
3. **PRINT** the food and fitness log as needed.
4. **RECORD** your food, fitness and weight in your log at least once per month.
5. **BRING** your binder and log to our next webinar.

Our next meeting is **Wednesday, April 17, from 12-1pm.**
Let us know if you have any questions!



Calvin and Hobbes

YAWNIN

Despite their amazing display of cunning, agility and ferocity, Hobbes' yearning still isn't...
...ENOUGH TO GET HIM TO GET OUT!

COULD YOU DESIRE SOME PLEASE? I'D LIKE TO GET OUT!