



Plateaus

KIM PULLMAN, RD, LN
WELLNESS PROGRAM
MANAGER

Health Care & Benefits



1

First Things First

1. Write your weight on your chart.
2. Draw a line from your last recorded weight to the newest recorded weight.
3. Have you come to the end of your chart? Look at your graph. Make a note on how you have been doing, and what (if anything) you'd like to change.
4. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Make a note about how you did this month.



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2

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.



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3

3

How do I get moving again?



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

It all starts (ends, circles back to) what's happening in your head.



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4

4

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.



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5

5

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.



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6

6

What way do you tend?

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.



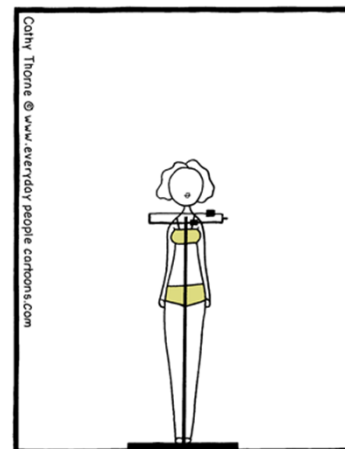
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7

7

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.



I DIDN'T REALLY BELIEVE IT BEFORE I BEGAN THE PROGRAM, BUT THERE IS AN ACTUAL CONNECTION BETWEEN WHAT I EAT AND WHAT I WEIGH.



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8

8

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 fitness watch, use a step tracking app, or even a pedometer.



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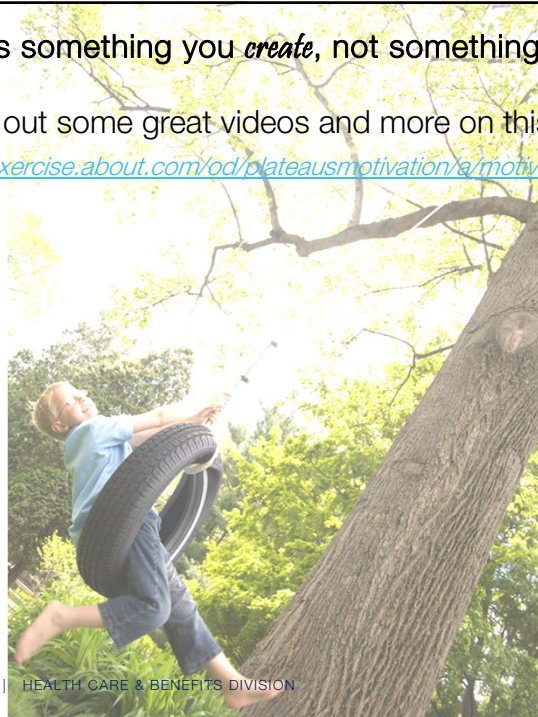
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9

“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/plateausmotivation/a/motivation.htm>



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10

10

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??



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11

11

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.



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12

12

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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13

13



DON'T PANIC

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

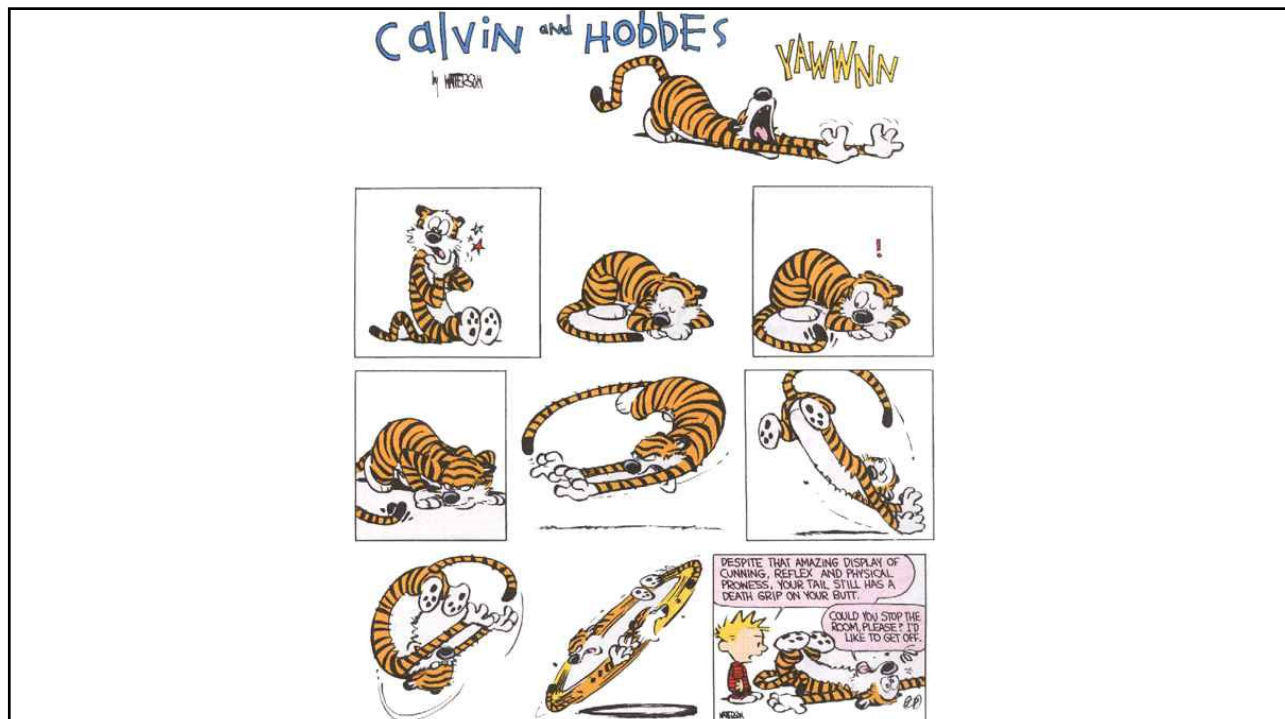
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This month



- Challenge: Try something NEW this month – change something.
- DO what you've decided that you will to meet your goals.
- PRINT the food and fitness log as needed.
- Make a list of things your must dos, and want-to dos. Discard "should-do's."
- PRE-plan. Write it down, speak it out loud.
- Ask for help when you need it!

15



16