


# WEIGHT LOSS PLATEAU'S & HOW TO KEEP MOVING FORWARD



One big thing to remind yourself: weight loss is not linear. You will not lose the same amount of weight every day or week. The rate of your weight loss will VARY

Hitting a weight-loss plateau can be seriously demoralising but don't let it get you down. Let's be honest your body doesn't really want you to lose weight, when you cut back on calories it thinks you are starving- as a result your body will make you feel hungry in order to try and gain that weight back. When you start losing weight (muscle or fat), your metabolic rate slows down, which means your body starts burning calories at a slower rate. Other common culprits behind a weight-loss plateau may be gut imbalances, hormonal imbalances, immune dys-regulation, inflammation, nutritional deficiencies, or under-recovery.

Here are some ways that could help overcome a weight loss plateau:

- 1. DIAL YOUR WORKOUTS DOWN A NOTCH:** If you're experiencing exhaustion while trying to lose weight, that could be a sign that your workouts are too intense.
- 2. ADD MORE PROTEIN TO YOUR DIET:** adding more protein can help fill you up faster and help keep you feeling fuller for longer
- 3. TRY TO DE-STRESS - NO SERIOUSLY!!!!:** If you've reached the point where literally everything is pissing you off it could be time to take a mental breather to keep losing weight without losing your mind in the process.
- 4. KEEP A FOOD JOURNAL & ACTUALLY USE IT**
- 5. DO MORE STRENGTH TRAINING:** It's easy to think that endless cardio is the quickest way to weight loss. Cardio will result in weight loss, but you will lose lean body mass in addition to fat. Losing lean body mass will reduce your metabolic rate and can precipitate a plateau.
- 6. MOVE MORE OUTSIDE THE GYM**
- 7. BEWARE OF SNEAKY "HEALTHY" FOOD:** Health foods such as honey, nuts and nut butters, granola, trail mix, full-fat milk, avocados etc aren't bad for you and are healthy options but know that they are also very high in calories and eating too much may drive your calorie target over your daily goal.
- 8. CARRY A WATER BOTTLE WITH YOU EVERYWHERE:** Water is a game-changer when it comes to weight loss, it keeps you hydrated, but it's also easy to mistake being thirsty for being hungry, and that can lead to unnecessary eating. If you have already eaten, and one hour later you feel 'hungry,' try drinking fluids first.
- 9. EAT VEGETABLES AT EVERY SINGLE MEAL:** Adding veggies to your meals will increase your fibre and help you feel fuller for longer as well as nourishing your body and getting those micronutrients into you as well.
- 10. MAKE SURE YOU GETTING ENOUGH SLEEP:** studies support that those in sleep debt find it difficult to lose body fat, and it may lead to body fat gain.