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How to Break Out of a Weight Loss Plateau

By Renee Kennedy

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What is a weight loss plateau?

You are on a diet, but you reach a period of time (two or more weeks) where you can't seem to lose any weight. Your weight may actually fluctuate 3lbs up or down, but you can't seem to break below this range.

You can experience a weight loss plateau for different reasons:

1. You are consuming too many calories for the amount of calories that you are burning off.
2. You are not consuming enough calories; your body defends itself by slowing down your metabolism.

First, you need to determine if you are experiencing a plateau or if your weight is in a state of normal fluctuation. Weigh yourself once per week. If you have not lost any weight after 3 weeks, you've hit a plateau. Remember, people lose weight at different rates. If you've lost even one pound after three weeks, you are still losing weight and probably don't need to change anything. The closer you get to your goal weight, the harder it will be to lose weight.

Second, if you are experiencing a plateau, look at your current diet and exercise patterns. The NutriCounter can function as a measurement tool to see how many calories

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you are consuming each day. (<http://www.nutricounter.com>)

It will also help you determine if you are eating the appropriate amount of carbohydrates and protein each day. You should also keep an exercise journal that will help you determine how much exercise you are getting each day.

Here are some patterns that you may need to break.

(Note: before trying any of the methods below, get your doctor's advice. This is especially important if you have special dieting needs.)

1. You should be eating at least 1200 calories a day if you

are a woman and 1500 calories per day if you are a man. If you restrict your calories too much your body will start stockpiling fat because it thinks you are starving.

2. You may try to break a plateau by decreasing the percentage of carbohydrates and increasing the percentage of protein that you intake each day.

3. Another common recommendation is not to mix your protein and carbohydrates. If you have a protein breakfast, wait 2–3 hours before resuming your balanced meals.

4. Generally speaking, you should be exercising no more than 1 hour per day. However, ask yourself if your fitness routine is intense enough? Simply walking around the block for 15 minutes a day may not be enough for you. Each person is different. Also, walking around the block may have been an excellent exercise when you first started to lose weight, but it may not be enough now that you've hit a plateau.

5. If you have recently added a fitness regimen to help you lose weight, you may experience a slight weight gain for the first few weeks, especially if part of that routine involves weight lifting. This can be a very frustrating experience. If you are engaged in an intense workout regimen, it may help to measure yourself with a measuring tape, rather than the scale. You will be putting on muscle and muscle will burn more calories than fat, but it's also heavier.

6. If you are already on a low calorie diet and you are sticking to it, then it is not recommended that you cut out any more calories. Increasing your activity is really the key to

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breaking out of a plateau. However, if you are "supposed" to be on a low calorie diet but you are not sticking to it, well, the answer is obvious: you need to stick to it.

Come and visit the NutriCounter web site for more information on how nutrition and fitness influence weight loss, diabetes, pregnancy, heart disease and more!
<http://www.nutricounter.com>

Please email renee@napuda.com if you use the article. Please include the entire article.

How To Get Past a Weight Loss Plateau

By Jason Barger

Everyone who has ever been on a diet has hit a plateau at some point. It is that point where no matter what you do, you cannot seem to lose any weight. I myself have hit many of these and I am going to give you a few ways to blast through your weight loss plateau.

Depending on what type of weight loss plan you are on and how much weight loss you have attained already, these factors can play a significant role in halting your weight loss. You just need to see this as a maintenance point and keep charging ahead, while waiting to achieve your goals.

The first thing to consider is that you may be getting close to your ideal weight. I myself quit losing weight once I got down to 175 pounds. It seemed I could indulge a little bit and still stay at this weight. Now, it seems harder to put weight on then keep it off. But, I still need to stay on top of this because I know how quickly I can slip back into my old eating habits.

So if you aren't already at your ideal weight I am going to give you a few suggestions that may be able to help you break through this barrier. The main thing is to stick to your plan. This happens to everybody and you will get through this plateau.

Mix up your program:

By this I mean you may want to switch things around a bit. You may even want to modify your program. If you have been eating all protein, then you could try switching to salads or all vegetables for a couple days. You could even try switching to all carbohydrates for a few days. If you have been eating all carbs, then maybe switch to all protein for a while. You get the point, try to shake things up a bit and see if this helps or hurts.

Eat Healthier:

If you have been losing weight but not eating very healthfully, then maybe you should try to nourish you body. If you haven't been eating many calories or eating little or no vegetables, maybe try to get your body some extra nutrients. Try eating healthy foods and fats for a while. Your body may be missing

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something and this might be just the thing to get your through your plateau.

Start Exercising:

If you haven't already started an exercise regimen, then you should start. This can boost your weight loss immediately. Exercise and its benefits can range from losing weight to giving you a healthier heart. There are too many reasons not to exercise. If you have reached a plateau in your weight loss, then now is the best time to start exercising. Just get outside and walk for 20 minutes a day. If you can run then run. If you can only walk, then walk. I guarantee you that this will help you break through your plateau.

Go out and eat:

This also could be a good time to just go out and eat whatever you want. This can help you forget about dieting and weight loss for a while and just enjoy yourself. One care free day of eating is not going to sabotage your whole plan. Just eat whatever you want and forget about calories, carbs and fat for a day. This may be just what your mind and body need to get back on track and help you achieve success.

Ok, these are a few of the things I used in the past to get through a weight loss plateau. I am sure they will help you as they have helped me. My main philosophy is to try and maintain your happiness while losing weight. If it is causing you stress by worrying so much about everything, then slow down. You don't have to lose every pound this week or this month for that matter.

Think of it this way. The longer you take to lose the weight, the less chance you have of putting it back on. I have lost large amounts of weight very quickly in the past. I always seemed to gain the weight back just as quick when I did things this way.

Just remember to eat, drink and be merry. If you do things right you can be happy, healthy and at the perfect weight. Without sacrificing the things you love.

Good luck!

This article was written by Jason Barger. Jason has been helping people lose weight with his breakthrough book, Primal Weight Loss. To learn more about his philosophy and programs you can visit

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