

Say "Goodbye" to the Dreaded Weight Loss Plateau

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By Kim Beardsmore

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Dieters dread the plateau. You're on a roll, losing weight steadily and happily for weeks. Your confidence is high and your goal is in sight. Then suddenly your scale freezes. No matter how hard you try, those extra pounds just refuse to budge. You've hit a wall and you know the frustration of seeing no progress could easily lead you to gain back what you've lost. So how do you break through the plateau?

It's perfectly normal for a dieter to reach a plateau. The trick is to use it as an opportunity to double up your efforts and get really clear on your strategy to carry you through to the finish line. Below you'll find suggestions that can help you recommit to your program and re-ignite the weight-loss process when you feel challenged.

1. Get clear on your ultimate weight-loss goal.

Be sure that your weight-loss goal is realistic and that your expected rate of weight loss is reasonable. If you are on a health enhancing, nutritionally rich weight loss program you can expect to lose one to two pounds a week. Each body has its own ideal weight and size. Don't compare yourself to anyone else, but listen to your body and notice what feels best for you. A simple way to approximate your ideal weight is by referring to a Body Mass Index chart.

2. Go high-protein, low carbs. Unless you are eating enough protein to maintain your lean muscle mass, you are likely to have lost weight already from both your fat stores and muscle. Women need to eat approximately 100grams of protein a day and men 150 grams in order to preserve their muscle tissue during a weight loss program. If you have lost some muscle during your weight loss program so far you will need to focus on protein so your body can build muscle, which requires more calories to sustain, which will in turn, kick start your weight loss again. Needless to say, any weight loss program you choose should be one that preserves your body's muscle and this does not happen!

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3. Add resistance training to your program A wonderful way to boost your metabolism and break through to the next level of weight loss is by incorporating aerobic exercise into your program, such as 30 minutes of walking three to four times a week. (If you are 35 years or older, or haven't exercised regularly, begin with 10 to 15 minutes two to three times a week.) In addition, weight training with free weights or machines several times a week can help increase muscle mass, which in turn allows you to burn more calories faster. Studies show that weight training can increase your metabolism overnight by five to 10 percent. Working out can increase your metabolism for up to 21 hours after an intense workout.

4. Look out for hidden carbohydrates. If your weight loss progress seems slow, look out for carbohydrates that might be sneaking their way unnoticed into your diet. Sugar can lurk in the most unexpected places such as ketchup, salad dressings, teriyaki and barbecue sauces. Watch out too for cornstarch, sugar or milk solids in many processed foods such as gravies, or sauces on frozen vegetables. Be especially careful about "low-fat" foods where flavor is enhanced by sugar and other

carbohydrates. Try keeping a diet journal for a couple of days of EVERYTHING you eat and drink. You may quickly discover the hidden carbs that are keeping your weight-loss progress stuck and be able to eliminate them and move past your plateau.

5. Take the "refinement" out of your diet. Try eliminating all refined sugar and refined grains from your diet. This includes white bread, pastries, pasta, white rice, white flour crackers, sugar-coated breakfast cereals, cookies and cake. This simple step can encourage a huge weight-loss breakthrough and leave you feeling more healthy and energized in the process.

6. Don't go hungry. Cutting back on how often you eat can have a negative impact on your diet plateau. Many studies show that small, frequent meals are more satisfying and produce better weight-loss results than the same number of calories consumed in three large meals. Take advantage of healthy snacking and crunch on fresh slices of raw vegetables like celery, peppers, cucumber and jicama when you're hungry.

7. Drink to burn up. It's vitally important to replenish your fluids by drinking plenty of water on your weight loss program. An inadequate supply of water in itself can slow down your weight-loss. Carry water with you wherever you go throughout the day. For additional weight-management benefits, add a high quality aloe concentrate to your water to help keep your digestion in top shape. Also, a probiotic supplement can help us maintain a healthy intestinal flora. Keeping well hydrated not only helps you burn fat efficiently, it also helps control hunger.

8. Keep your incentive strong. Remember the determination you felt when you first began your weight-loss program? Remember the excitement of watching the pounds drop one by one? Go back to whatever your initial motivation was and see whether it still works for you. It may have been the desire to lose weight for a particular event or to regain your figure after pregnancy. You may have been motivated by poor health or by the shock of just how much weight you had gained. See whether the same motivation still has juice for you. If not, choose a new one. Keep a picture of yourself looking great (or bad!) on your refrigerator as a daily reminder of where you are heading.

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(c) Kim Beardsmore

Kim is a successful weight loss coach who will cut through the diet-hype and help you reach your goal weight. No public 'weigh-ins', meetings that cost you money or fads...simply results you will love! You can receive a free consultation. Visit today:

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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

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body some extra nutrients. Try eating healthy foods and fats for a while. Your body may be missing 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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