

Overcoming Plateaus

Renew

A Weight Loss Rx Lifestyle Class

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Welcome to class!

Reflection Questions:

- Have you experienced plateaus in your progress?
- What feelings come up for you when you don't see expected progress?

Overcoming Plateaus

MODULE 3: Mastering Your Health

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A Weight Loss Rx Lifestyle Class

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The SELF Principle

Sleep is health

Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.

Exercise is health

Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.

Love is health

Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.

Food is health

Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.

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What is a plateau?



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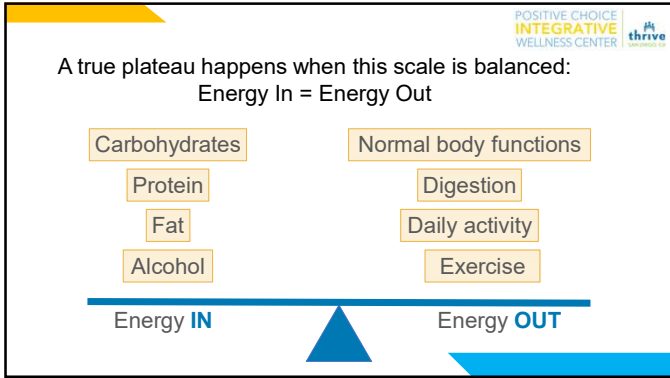
A plateau is when your weight remains the **same on average**, even though you are eating the same and moving the same for **4 weeks!**



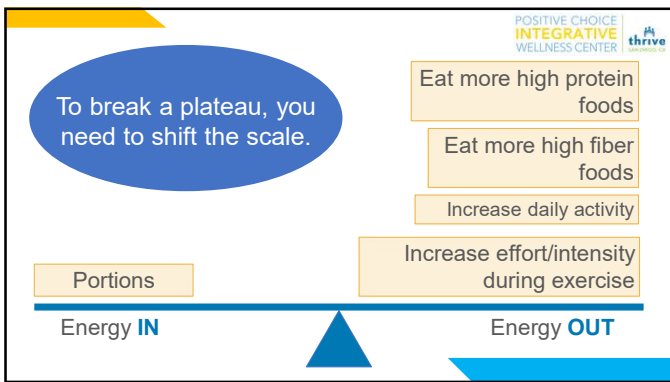
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High Protein Foods	High Fiber Foods
<ul style="list-style-type: none"> Fish & Seafood Tofu, soy, and edamame Non-fat Greek or Icelandic yogurt Poultry, skinless, white meat Seitan Protein powders and bars Eggs 	<ul style="list-style-type: none"> Lentils and beans Whole grains Fruits Vegetables High fiber bread and tortillas Chia and flax seeds Potatoes, all colors

What are some fun ways you up your protein and fiber?

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Increase Daily Activity


- Take the stairs instead of the elevator
- Park further away from your destination
- Put your laundry away in batches
- Set a timer and take a lap once an hour
- Spend more time doing active hobbies



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Increase your intensity!



- Consistently making your workouts more challenging will allow your body to continue adapting.
- The fitter you are, the healthier you are regardless of your scale weight.


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Increasing Intensity for Cardio

Get comfortable being uncomfortable!

- Heart rate up and breath rate up.
- Add in hills to your walk.
- Pick up your pace.
- Add interval training once or twice a week.



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Rating of Perceived Exertion
 For cardio activities


1	Very light activity	Anything other than sleeping.
2-3	Light activity	Easy to breathe and carry a conversation.
4-6	Moderate activity	Breathing harder; can hold a short conversation.
7-8	Vigorous activity	Breathing heavily; can speak a sentence.
9	Very hard activity	Can barely breathe or speak a single word.
10	Maximum effort activity	Completely out of breath; unable to talk.

Moderate intensity: aim for a 4-6

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Interval Training

- Alternating short bursts of intense activity with longer intervals of less intense activity
 - Can use speed and/or resistance
- High Intensity Bursts signals the body to adapt to more work
 - i.e. you push your fitness level up faster
- Able to get more intensity from a workout in a shorter span of time.
- Incorporate 1-2x week



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How to interval train?

- Push and Recover
- Repeat an interval cycle 5-7 times
- Choose whichever type of interval training that works for you
 - High intensity can last from 20 seconds to 1 minute
 - Low intensity can last from 10 seconds up to 3 minutes
- *There is no right or wrong way to interval train*


Example:

1	High Intensity (30 seconds)	→	Low Intensity (1-3 minutes)
2	High Intensity (30 seconds)	→	Low Intensity (1-3 minutes)
3	High Intensity (30 seconds)	→	Low Intensity (1-3 minutes)
4	High Intensity (30 seconds)	→	Low Intensity (1-3 minutes)
5	High Intensity (30 seconds)	→	Low Intensity (1-3 minutes)

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Increasing intensity for strength

- Increase the amount of weight
- Increase the number of repetitions
- Slow the tempo down
- Add in more dynamic exercises that use multiple parts of the body
 - Ex: squat with an overhead press vs. doing each exercise separately




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The Importance of Mobility and Stretching

- As you get stronger, you may also get tighter.
- As you get older, you may also lose flexibility.
- Make sure to add in these modes to ensure longevity and reduce injuries.




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Redefining Plateau
Your progress is more than the scale.


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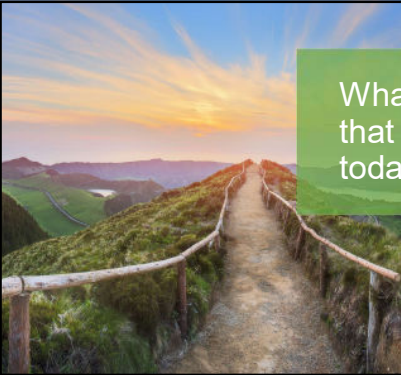
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Name 5 ways you notice an improvement in your life that have nothing to do with the scale.

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What's one thing that stood out in today's class?

What is one small step you could take to incorporate that this week?

Add this to your journal.

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Resources



positivechoice.org/renew

Optional Meal Plan 

Getting Started with Strength Training 

KP Health Resources 

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