

Lifelong Balance

» Weight Plateaus



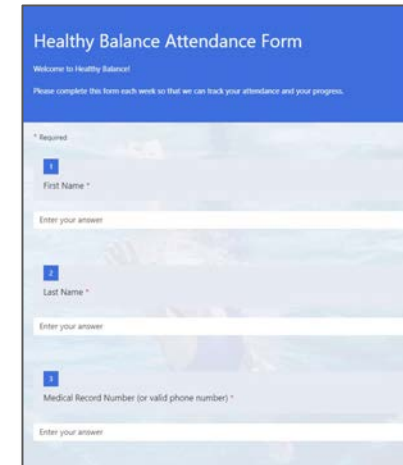
Welcome to class! We will begin shortly!

Lifelong Balance

Weight Plateaus

Discussion/Reflection Question:

What has helped you break through a weight plateau?



The image shows a digital form titled "Healthy Balance Attendance Form". At the top, it says "Welcome to Healthy Balance!" and "Please complete this form each week so that we can track your attendance and your progress." Below this, there are three required fields, each with a blue asterisk icon: "First Name *", "Last Name *", and "Medical Record Number (or valid phone number) *". Each field has a text input area with the placeholder "Enter your answer".

Have you filled out the attendance form?

Lifelong Balance Member Resources

- All your guides, logs, and tools are available on the **Lifelong Balance Resources** page



Scan QR code or visit:
positivechoice.org/Lifelong-Balance

A screenshot of the website page for Lifelong Balance Resources. The page features a navigation bar with links for CONTACT, CALENDAR, and SEARCH. Below the navigation bar, there are links for Our Services, Español, About Us, KP Members, and News. A green button labeled "← BACK TO KP MEMBERS" is visible. The main heading is "Lifelong Balance Resources". There are two main sections: "How to Enroll" and "Program Materials". The "How to Enroll" section provides contact information and cost details. The "Program Materials" section lists links for the Lifelong Balance Syllabus and Healthy Balance Workshop Guide. A descriptive paragraph explains the program's benefits and session structure.

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← BACK TO KP MEMBERS

Lifelong Balance Resources

How to Enroll

Phone:
(858) 616-5600

Cost:
No-cost for KP members and \$160 for 16-week program for non-members (must have taken Healthy Balance prior to enrollment)

Ready to take the next step in your wellness journey? Lifelong Balance helps you reinforce healthy habits, break free from what's holding you back, and stay current on the latest nutrition and movement practices. Weekly 60-minute virtual sessions include guided movement, engaging discussions, and connection with fellow graduates.

Program Materials

[Lifelong Balance Syllabus](#)

[Healthy Balance Workshop Guide](#)

Syllabus

- Use our syllabus to track your classes and weeks attended



Scan the QR for the syllabus
or visit:
positivechoice.org/LLBsyllabus

Lifelong Balance Syllabus



Class Information

Day: _____

Time: _____

Department Phone: 858-616-5600

Instructor Information

Name: _____

Desk Phone: _____

Or message via KP.org

Date

Topics

1. Active Versus Sedentary Lifestyle

2. Time to Eat

3. Muscle Training

4. Routines

5. Nurturing Your Gut

6. Metabolism

7. Habits and Personal Why

8. Weight Plateaus

9. Food Quality and Cravings

10. Positive Thinking and Action

11. Sugar and Your Health

12. Taking Care of Your Heart

13. SELF Through the Ages

14. Movement Options

15. Food Prep for Lifelong Health

16. Mindful Resilience

Mindful Movement

NECK CAR (Controlled Articular Rotation)

Let's practice!



Check-In/Reflection

**What has worked well for
you since last week?**

Weekly Goal



Breakout Rooms



Breakout Room

- Chat to let your instructor know you are here. Otherwise, relax for a moments and we will be back soon!

**What brought you to
class today?**

Today's Discussion

Navigating Weight Plateaus

Today's Discussion

1

Understand
reasons for
weight
plateaus

2

Discover
tools to
overcome
plateaus

3

Choose a
strategy to
overcome a
plateau

What do you want to spend the
most time talking about today?



How much weight would a 200-pound person need to lose to produce major health benefits?

- A. 10 - 20 pounds (5 - 10%)
- B. 20 - 30 pounds (10 - 15%)
- C. 30 - 40 pounds (15 - 20%)
- D. 40 - 50 pounds (20 - 25%)

What is Healthy Weight Loss?

A: According the Center of Disease Prevention (CDC)

- A weight loss of 5% to 10% of your body weight can produce major health benefits
- A 200-pound person losing 10 pounds (5%) could improve their blood pressure, cholesterol, and blood sugar levels, and lower their risk for chronic diseases

What happens to most people after they have been losing weight steadily?

What is a weight plateau?

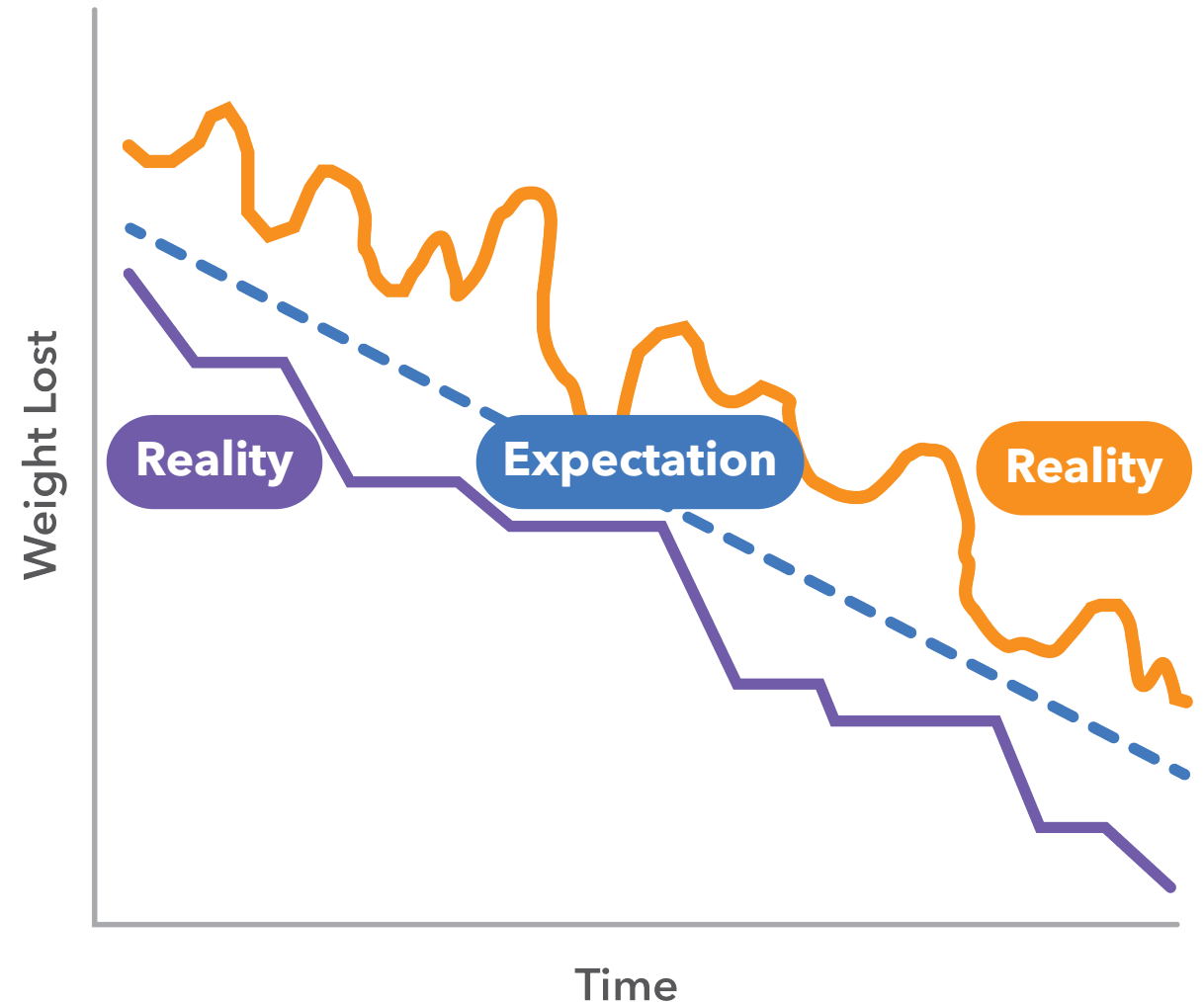
Weight Loss Plateau

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!**



Weight Loss Plateaus

- Plateaus happen in all diets, usually weeks to months after starting
- Most people experience plateaus after consistent progress



If you've experienced a weight plateau, did you ever think?

"I must be doing something wrong"

"I'm not doing enough"

"That one cookie or small bag of chips totally threw off my weight loss"

"I thought I would weigh a lot less by now"

"I give up on weight loss"

The Science of Stalls

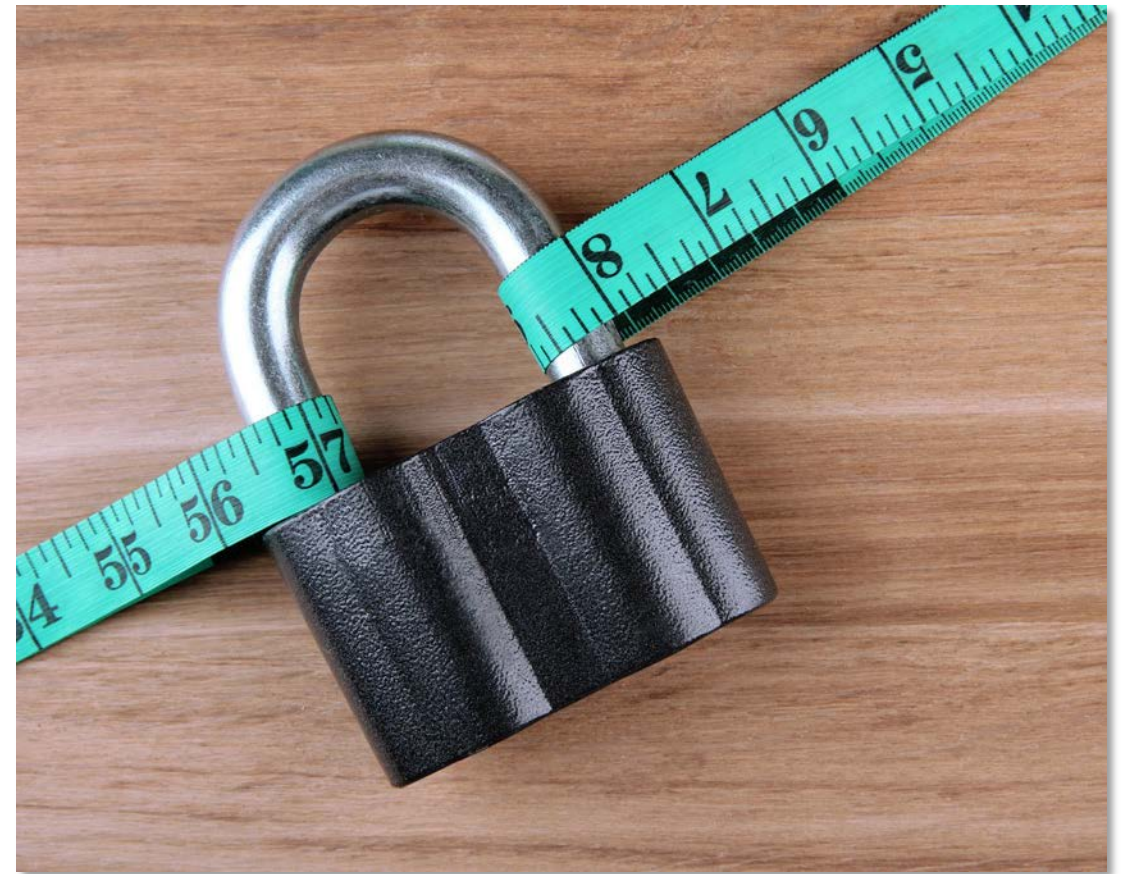
Adaptation

- Without a strength training routine, your body may lose both fat and *muscle*
 - Less muscle = slower metabolism
 - You'll have less caloric needs due to a smaller body
- This process is called **metabolic adaptation** and is one reason weight loss can stall

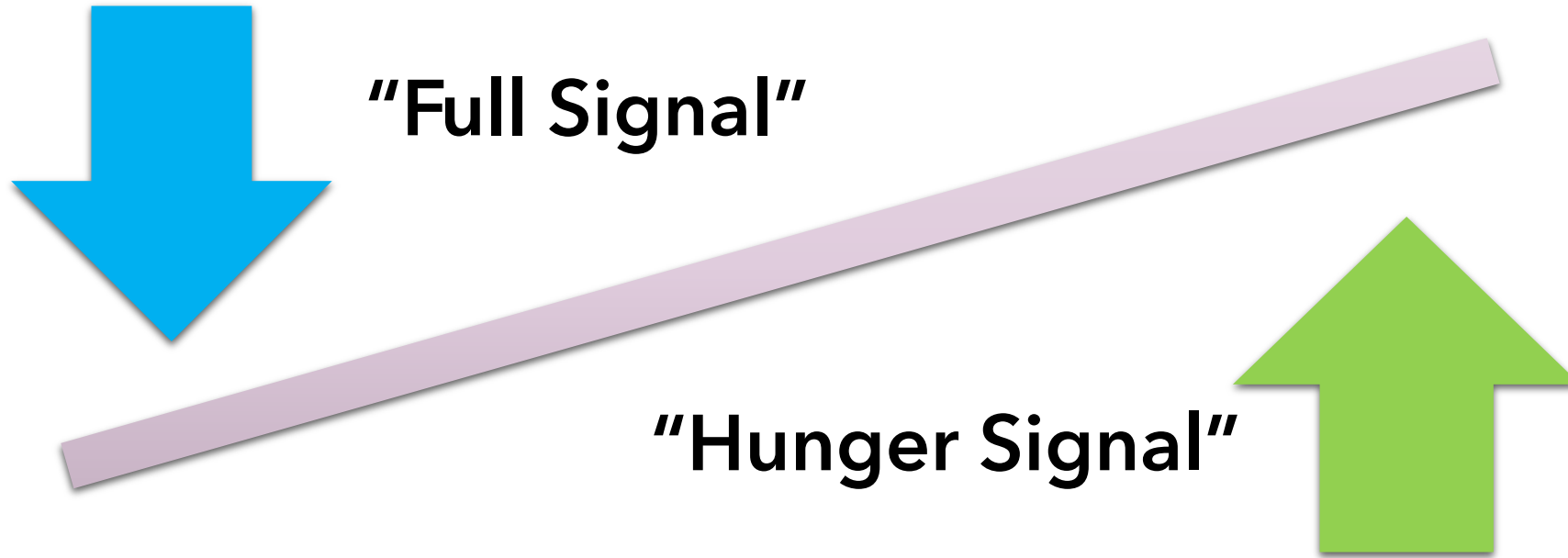


Adaptation/Preservation

If you're trying to lose weight, adaptation and preservation feels like your body is working against your weight loss plan



Hormonal Shifts



Your brain can temporarily stop listening to the "full" signal

Hormonal Shifts

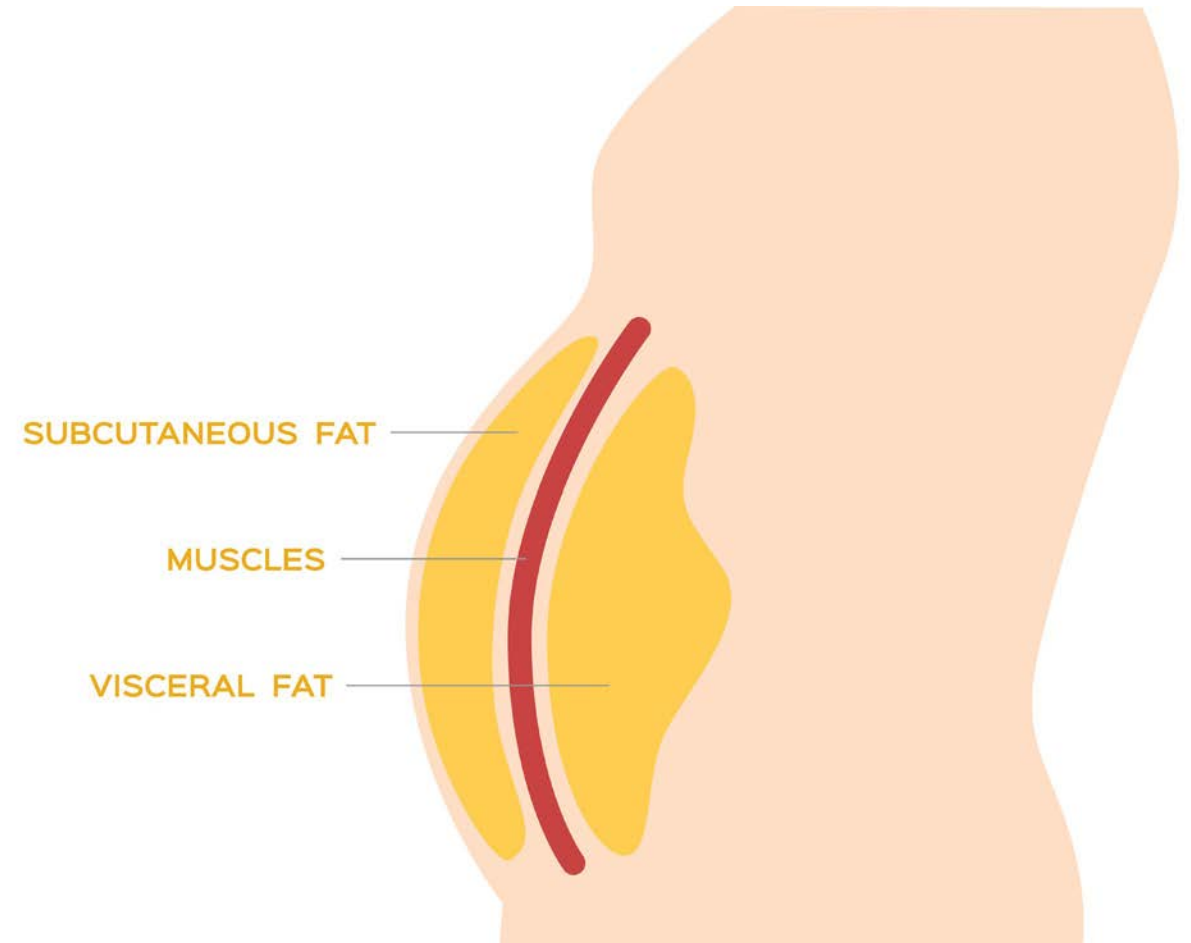
- Increase appetite
- Create strong cravings for high-calorie, sugary, and fatty comfort foods
- Store fat, especially visceral (belly) fat



The Science of Stalls

Stress

Chronic stress can elevate the signal to store visceral or belly fat





THRIVE Break

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Let's Move

Specific Muscle Function Exercises for Daily Activities

Squat

- Getting out of bed
- Getting out of a chair or off a couch
- Getting in and out of a car

Lunge

- Going up and down stairs
- Walking your dog
- Walking

Push/Pull

- Opening heavy doors
- Lifting a bag of groceries
- Gardening
- Putting a travel bag in an overhead compartment

All

- Playing with your kids or grandkids
- Other...

Learn Proper Form

Push-Up

To do wall push-ups:

1. Stand with your feet a few feet away from a wall
2. Slowly bend your elbows and lower your chest
3. Focus on keeping your body aligned
4. Push through your hands and straighten your arms, returning to the starting position
5. Repeat

Let's Try



Learn Proper Form and Progress

Push-Up



See a personal trainer for exercises specific to your needs

Positive Choice: 858-616-5600

Beginner <i>Wall Push-Up</i> Stand arms-length away from the wall	Intermediate <i>Incline Push-Up</i> Plank position using a lower base (desk or bench)	Advanced <i>Full Push-Up</i> Plank position on the ground
10 Push-Ups	6-10 Push-Ups	6 Push-Ups
Rest	Rest	Rest
10 Push-Ups	6-10 Push-Ups	6 Push-Ups
Rest	Rest	Rest
10 Push-Ups	6-10 Push-Ups	6 Push-Ups
Rest	Rest	Rest

**Consistent lifestyle
changes help you break
weight loss plateaus**

What to do about weight plateaus?

Portion Distortion

- Over time, people stop measuring and just “eyeball” portions
- Small slips add up
 - A little extra here and there means more calories
- We serve ourselves more food than we realize
 - Even healthy foods can cause weight gain if the portions keep growing
- Staying mindful with portions helps prevent plateaus

What to do about weight plateaus?

Portion Distortion

- Keep track of how much you are eating. Use the log in the Healthy Balance Book
- Identify how much fuel you are taking in

Daily Lifestyle Log Today's Date:

NUTRITION

Breakfast	Lunch	Dinner	Snack	Other
Meal Plan » Write down what you plan to eat and drink today.				
Food and Drink Log » Write down what you actually ate and drank today.				
Water » How much water did you drink? (Each box = 8 ounces.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				

ACTIVITY/MOVEMENT

Type	Amount/Time	Intensity
What type of physical activity/movement did you do today?		

SLEEP

How much sleep did you get last night?	Hours

You can also take a photo of your meal!



What to do about weight plateaus?

How to Determine Portions

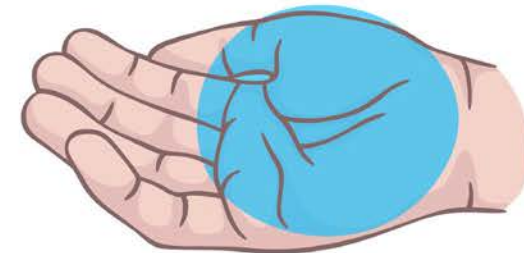
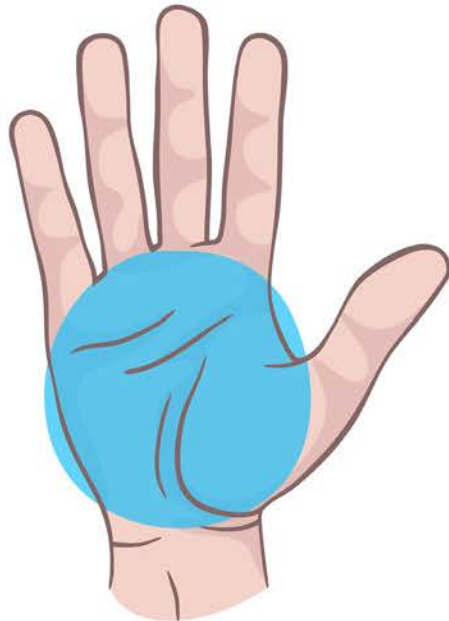
- Use food scales
- Use measuring utensils
- Use anatomical portions



What to do about weight plateaus?

Anatomical Portions

- **Meat / Fish** = size of your palm
- **Cheese** = size of your thumb
- **Nuts / Seeds** = small handful
- **Fruit** = size of a tennis ball
- **Veggies** = 2 hands cupped together
- **Grains/Pasta/Rice** = size of a fist



What to do about weight plateaus? Dietary Adjustments

- **Add more protein**
 - Protein keeps you full
 - Poultry, fish, eggs, beans, legumes
- **Choose healthy fats**
 - Salmon, walnuts, flax seeds
- **Don't forget fiber**
 - Fruits, veggies, whole grains, beans
- **Fiber + protein = fullness**
(helps prevent overeating)



What to do about weight plateaus?

Dietary Adjustments

Fiber consumption is linked to reduced signals of hunger



Recommendation:

- Eat more whole plant, fibrous foods
- Sources: *beans, lentils, whole grains, fruits and vegetables*



Healthy Eating

Getting enough fiber is easier than you think!



Milk (soy or cow), 1 cup	0 g
Quinoa, ½ cup	3 g
Eggs, 2	0 g
Vegetables, 1 cup	4 g
<hr/>	
Fiber	7 g



Fish, 4 oz.	0 g
Beans, ½ cup	8 g
Mango, ½ cup	2 g
Vegetables, 1 cup	4 g
Avocado, ¼	3 g
<hr/>	
Fiber	17 g



Yogurt, 1 cup	0 g
Berries, 1 cup	6 g
Nuts, 2 Tbsp	2 g
<hr/>	
Fiber	8 g



Tofu, 2 cups	2 g
Yams, ½ cup	4 g
Vegetables, 2 cup	8 g
Sesame Seeds	1 g
<hr/>	
Fiber	15 g

Total Fiber = 47 grams

What to do about weight plateaus?

Increase Protein

Eating protein lowers hunger, and decreases your appetite

Aim for 20-30 grams of protein per meal

- 4 - 5 oz. lean meat, poultry, or fish
- 8 egg whites or 2 eggs plus 2-3 whites
- 1 ½ cup tofu
- 1 ½ cup edamame soybeans
- 1 cup tempeh
- 2 ½ cup milk/soy milk
- 1 cup cottage cheese
- 1 ½ cup Greek yogurt
- Protein supplements (read label for grams per serving)

*See a registered dietitian for
foods specific to your needs*

Positive Choice: 858-616-5514

Healthy Eating

Getting sufficient protein may be easier than you think!



Milk (soy or cow), 1 cup	8 g
Quinoa, ½ cup	4 g
Eggs, 2	14 g
Vegetables, 1 cup	6 g
<hr/>	
Protein	32 g

Fish, 4 oz.	28 g
Beans, ½ cup	7 g
Vegetables, 1 cup	6 g
Avocado, ¼	1 g
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Protein	42 g

Yogurt, 1 cup	14 g
Berries, 1 cup	1 g
Nuts, 2 Tbsp	4 g
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Protein	19 g

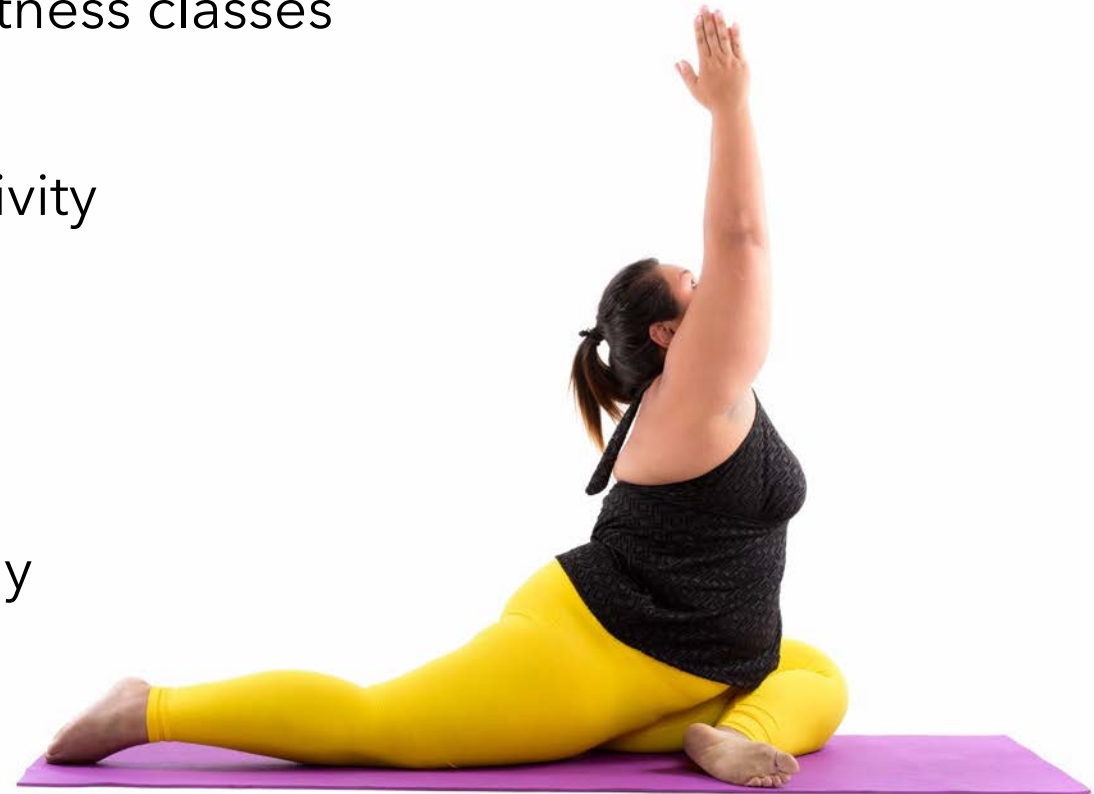
Tofu, 1½ cup	21 g
Brown Rice, ½ cup	2 g
Vegetables, 2 cups	12 g
Sesame Seeds, 2 Tbsp	1 g
<hr/>	
Protein	36 g

Total Protein = 129 grams

What to do about weight plateaus?

Movement Adjustments

- **Change it up**
 - Switch walking for biking, swimming, or fitness classes
- **Mix intensity (add in intervals)**
 - Add in short bursts of higher intensity activity
- **Build muscle**
 - Strength training boosts metabolism
- **Sit less**
 - Add steps or stretch breaks during the day
- **Stay consistent**
 - Small changes add up over time



**What are some ways
you can change up
your exercise routine?**

What to do about weight plateaus?

Reduce Stress



- Reducing stress can help break a weight loss plateau by lowering the signals which contribute to fat storage and cravings
- **Practice:**
 - Meditation
 - Deep breathing
 - Getting consistent sleep

Think Positive

- During a weight loss plateau, it's completely normal for your body to need a pause and adjust to the progress you've already made

What does your life look like now, compared to when you started this journey?

Lifelong Balance



Your feedback matters—and it's completely anonymous.

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

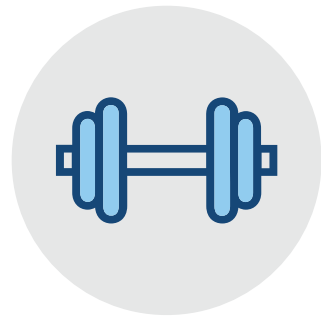
Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME

This Week

Choose a weekly goal, or make up your own:



Add in muscle-strengthening activities



Reduce Stress



Eat enough protein



Other

Action Plan

Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

What first step would you like to take this week?

Weekly Goal

Action Plan

Make it SMART



Specific



Measurable



Action-
Oriented



Realistic



Timely

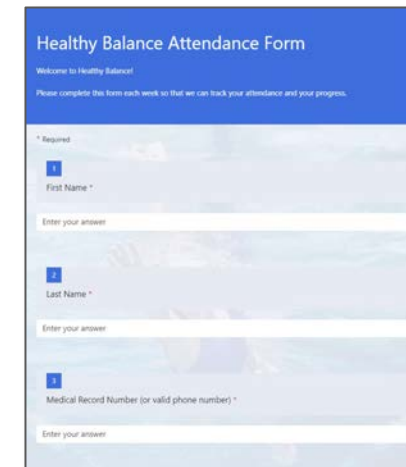
I will add in two muscle strengthening activities this week.

Lifelong Balance

» Food Quality & Cravings

Discussion/Reflection Question:

How can knowing what's in your food help you eat healthier?



The image shows a digital form titled "Healthy Balance Attendance Form". The form has a blue header with the title and a welcome message: "Welcome to Healthy Balance! Please complete this form each week so that we can track your attendance and your progress." Below the header, there are three input fields, each with a blue square icon containing a white question mark. The first field is labeled "First Name *", the second is "Last Name *", and the third is "Medical Record Number (or valid phone number) *". Each field has a placeholder text "Enter your answer" below it.

Have you filled out the attendance form?

Nutrition Recommendation

Sample Daily Eating Plan



Milk (soy or cow), 1 cup
Quinoa, ½ cup
Eggs, 2
Fruits or
Vegetables, 1 cup



Fish, 4 oz.
Beans, ½ cup
Mango ½ cup
Vegetables, 1 cup
Avocado, ¼



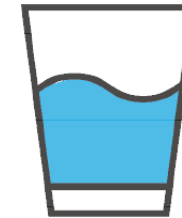
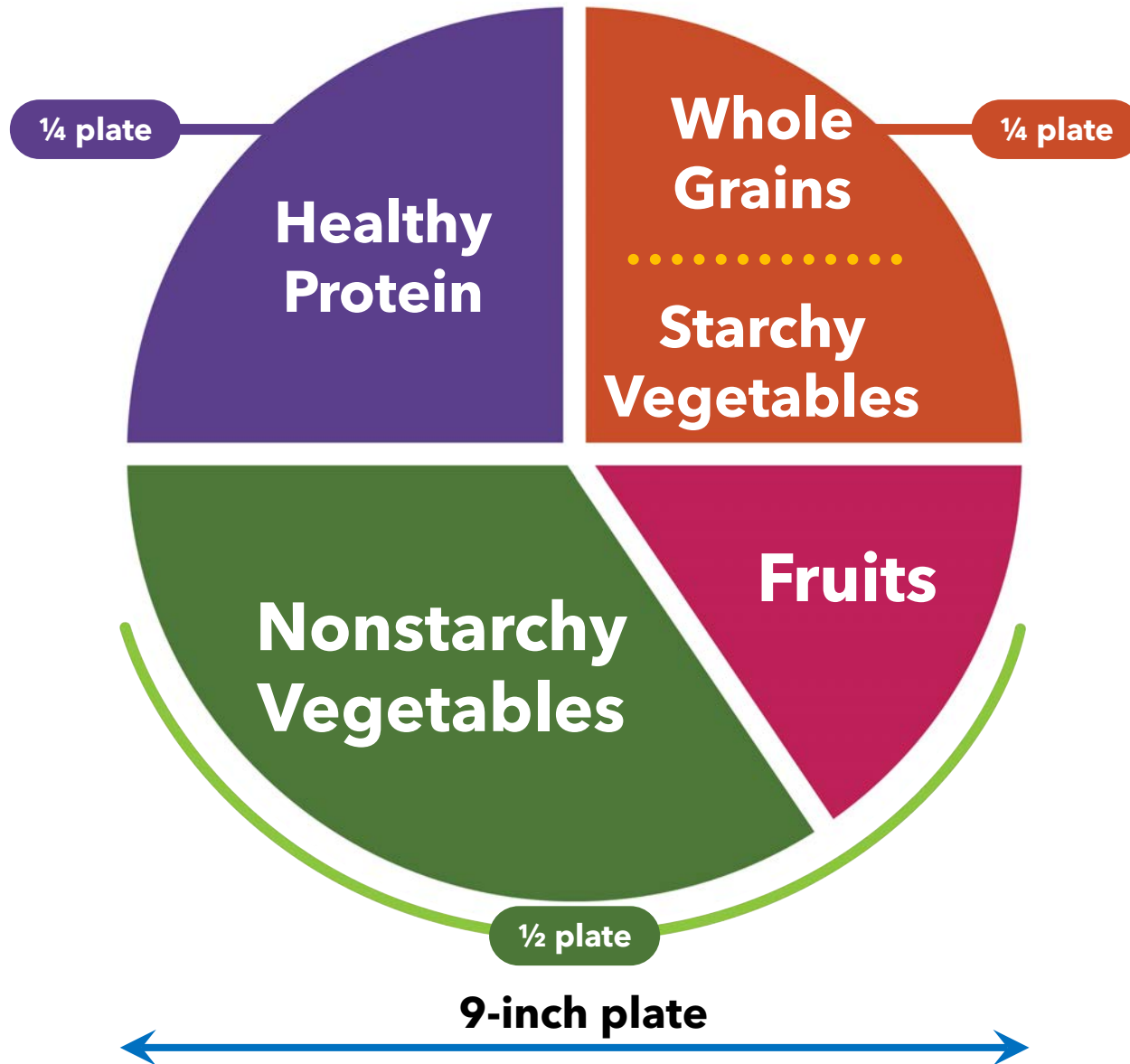
Yogurt, 1 cup
Berries, 1 cup
Nuts, 2 Tbsp



Tofu, 4 oz.
Brown Rice, ½ cup
Vegetables, 2 cups
Sesame Seeds, 2 Tbsp

The Healthy Plate

Refer to the Healthy Balance book for recommended portions, healthy food ideas, and recipes.



Water



Healthy fat



Seasonings

The Science of Stalls

Preservation

Your body wants to maintain a safe condition

- During a weight loss plateau your survival instincts kick in
- Your body is trying to preserve itself from losing too much weight

The Science of Stalls

Preservation

- Your body acts like a thermostat for energy
- When you eat less, it “turns down” to save energy
- Fewer calories are burned, even at rest
- This can slow or stall weight loss
- Small changes can “reset” the thermostat over time

Too Hot? The body **sweats**



Too Cold? The body **shivers**

The Science of Stalls

Increased Visceral (Belly) Fat

- Visceral fat

- Sits deep within the abdominal cavity ("belly fat")
- Is called "active fat"
- Is not a passive storage depot
- Is an active endocrine organ
- Secretes hormones
- Influences how your body functions
- Increases the risk of health problems like diabetes and heart disease

Interval Training Suggestions

- 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*

Sample Interval Training

Warm Up (5 Minutes)		
1	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
2	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
3	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
4	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
5	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
Stretch/Cool Down (5 Minutes)		

The Science of Stalls

Increase Strength Training



Recommendations:

- 2 - 3 days a week
- 8 -15 repetitions
- 2 - 4 sets (groups)

The Science of Stalls

Reduce Stress



Try adding in:

- Meditation
- Deep breathing
- Consistent sleep