

Lifelong Balance

» WEIGHT PLATEAUS



Welcome to class! We will begin shortly!

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?



What is a weight plateau?

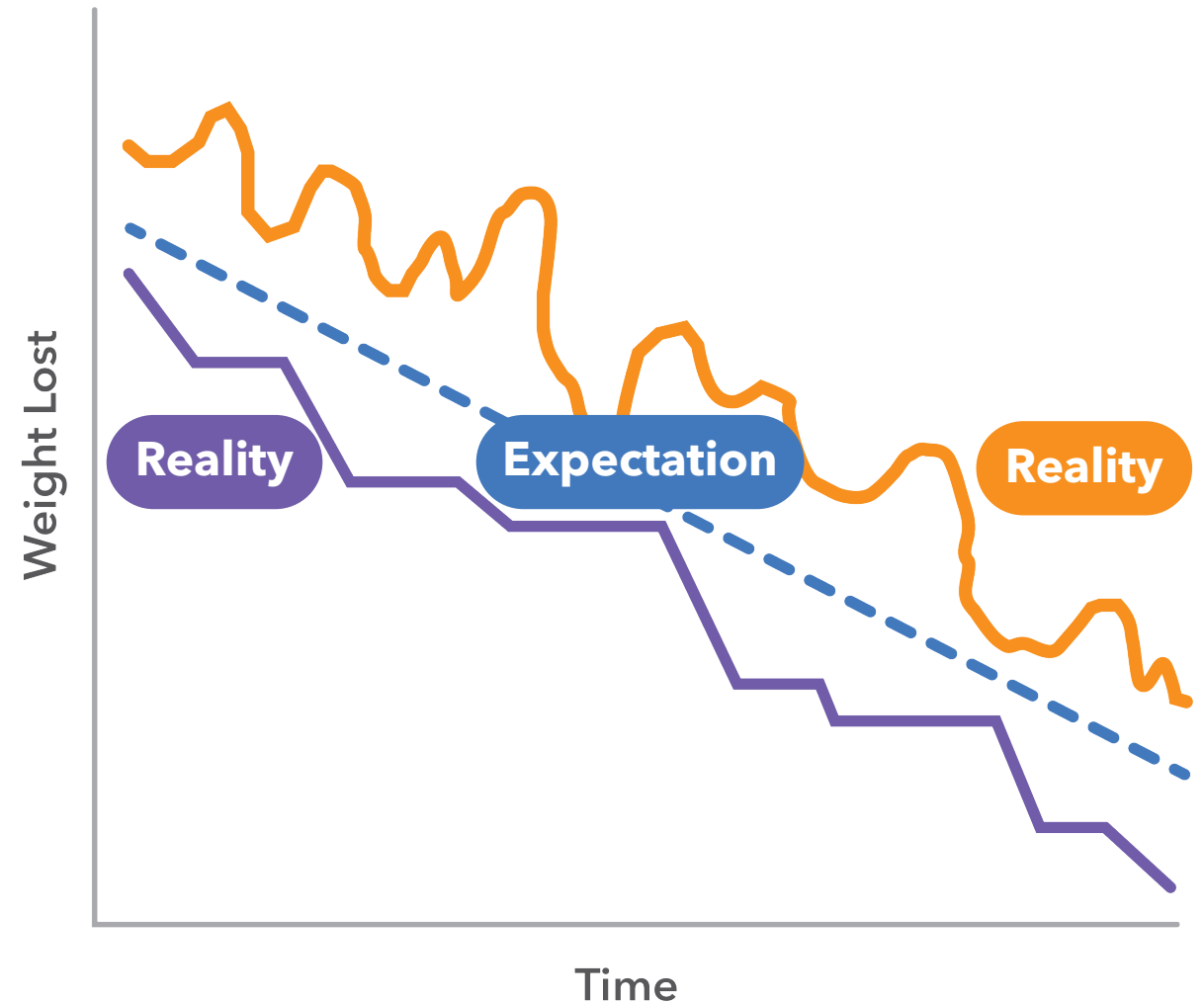
Weight Loss Plateau

A weight plateau is when your average weekly weight stays about the same for 4 weeks or more despite consistent eating and activity habits

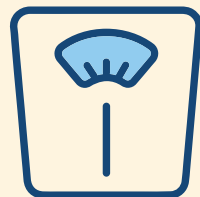


Weight Loss Plateaus

- Plateaus can happen with all eating plans, usually weeks to months after starting
- Most people experience plateaus after consistent progress



Do You Think You're Plateauing?



Has your average weight
stayed about the same for
4 WEEKS OR MORE?

(Use weekly averages,
not just daily weigh-ins)

NO

YES

You're probably not plateauing.



Weight fluctuates



Many factors affect the scale



Fat loss may still be happening



Progress isn't always visible right away.

You may be experiencing a plateau.



Am I following my plan consistently?



Have my portions changed?



Has my activity changed?



**Could stress, sleep, hormones,
illness, travel, or water retention be
affecting my weight?**

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"

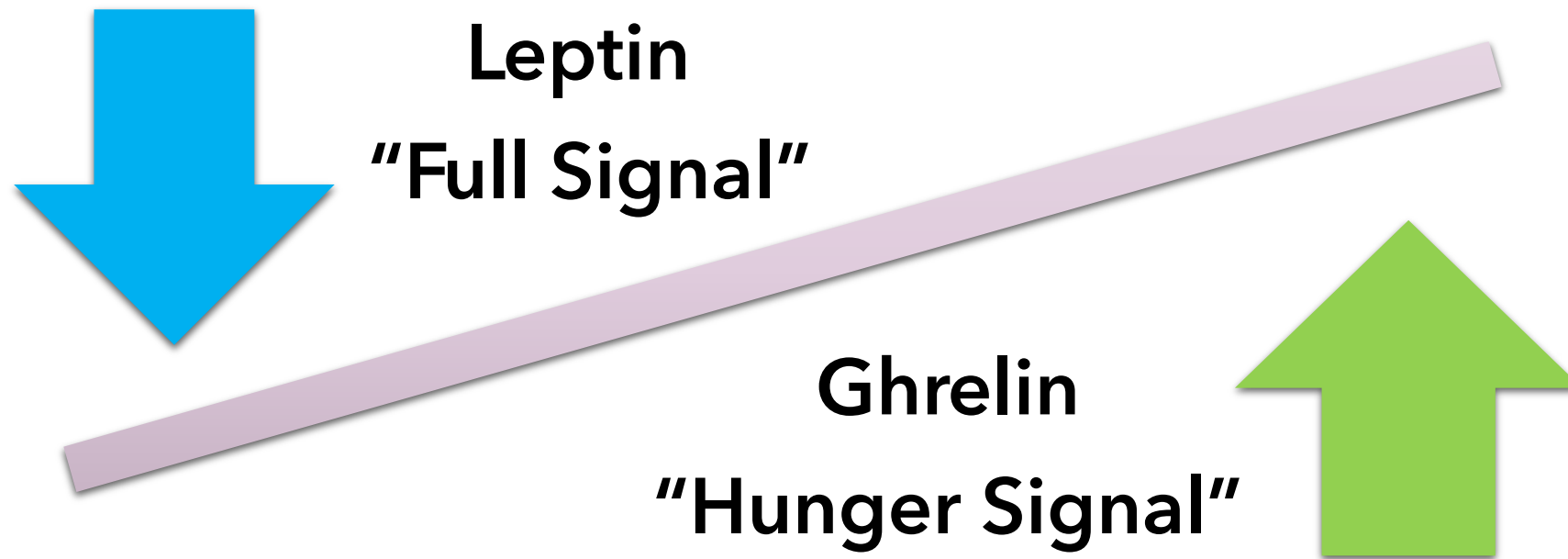
"I give up on weight loss"

Metabolic Adaptation

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



Hormonal Shifts



Weight loss can increase hunger signals and reduce fullness signals, making it harder to stay satisfied.

Hormonal Shifts

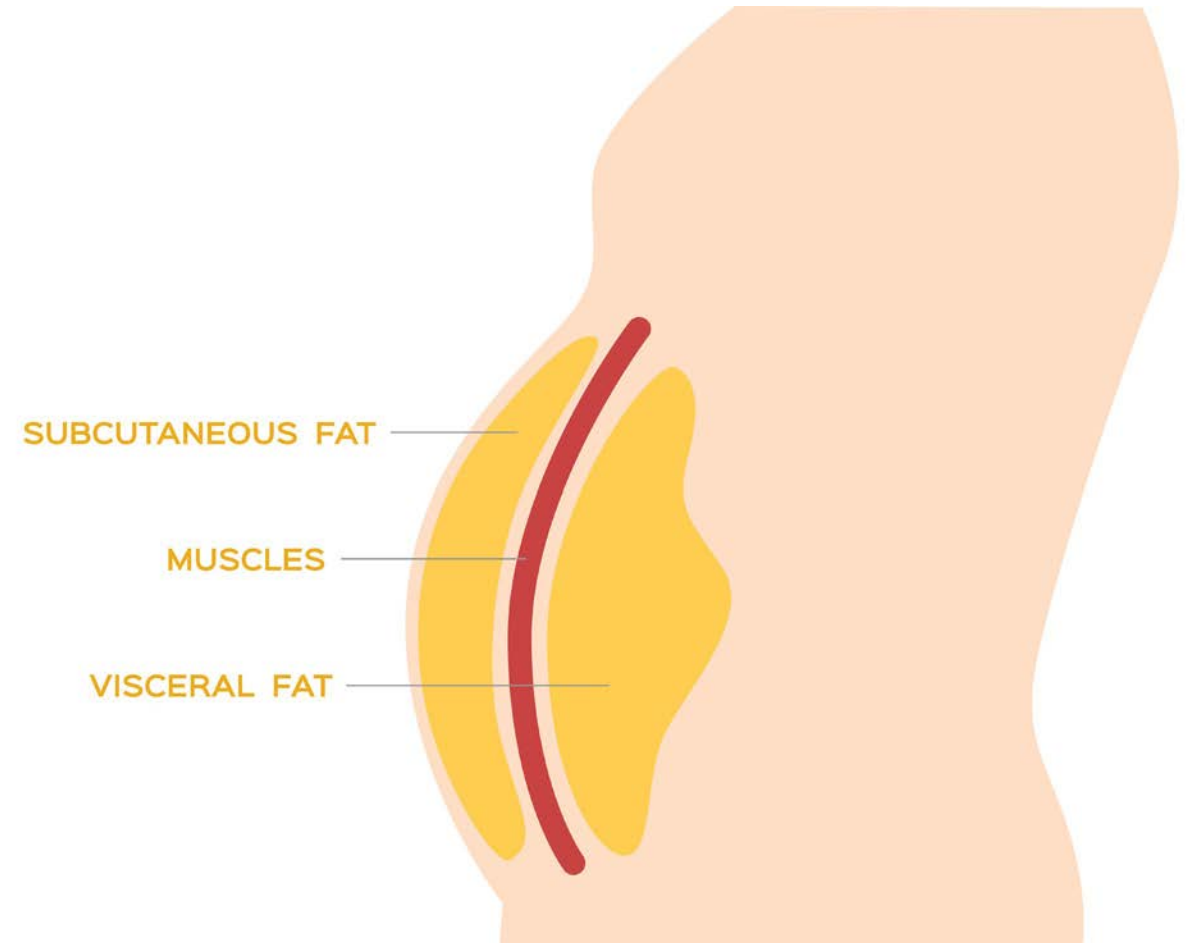
- Increase appetite
- Create strong cravings for high-calorie, sugary, and fatty comfort foods
- Increase fat storage, especially visceral (belly) fat



The Science of Stalls

Stress

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



The Science of Stalls

Stress

Can cause:

- Sleep disruption
- Increased hunger/cravings
- Emotional eating
- Reduced recovery
- Lower activity levels



**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.) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐				

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!



How do you determine a portion/serving?

What to do about weight plateaus?

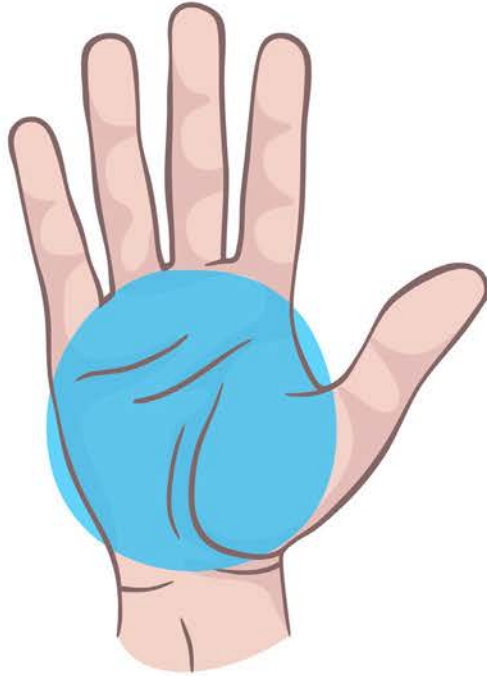
How to Determine Portions

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



What to do about weight plateaus?

Anatomical Portions



Palm of hand

3-4 oz protein



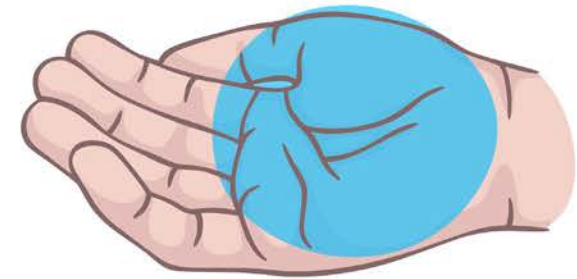
Fist

~1 cup
fruit/veggies



Thumb

1 Tbsp fats



Cupped Hand

~½-1 cup
grains/starches

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

- **Add in more fiber**

- Fruits, veggies, whole grains, beans

- **Pair up your macronutrients**

- 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
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
Fiber	17 g



Yogurt, 1 cup	0 g
Berries, 1 cup	6 g
Nuts, 2 Tbsp	2 g
Fiber	8 g



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

Total Fiber = 47 grams

What to do about weight plateaus?

Increase Protein

Eating protein lowers hunger, and can decrease 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
Protein	32 g



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



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



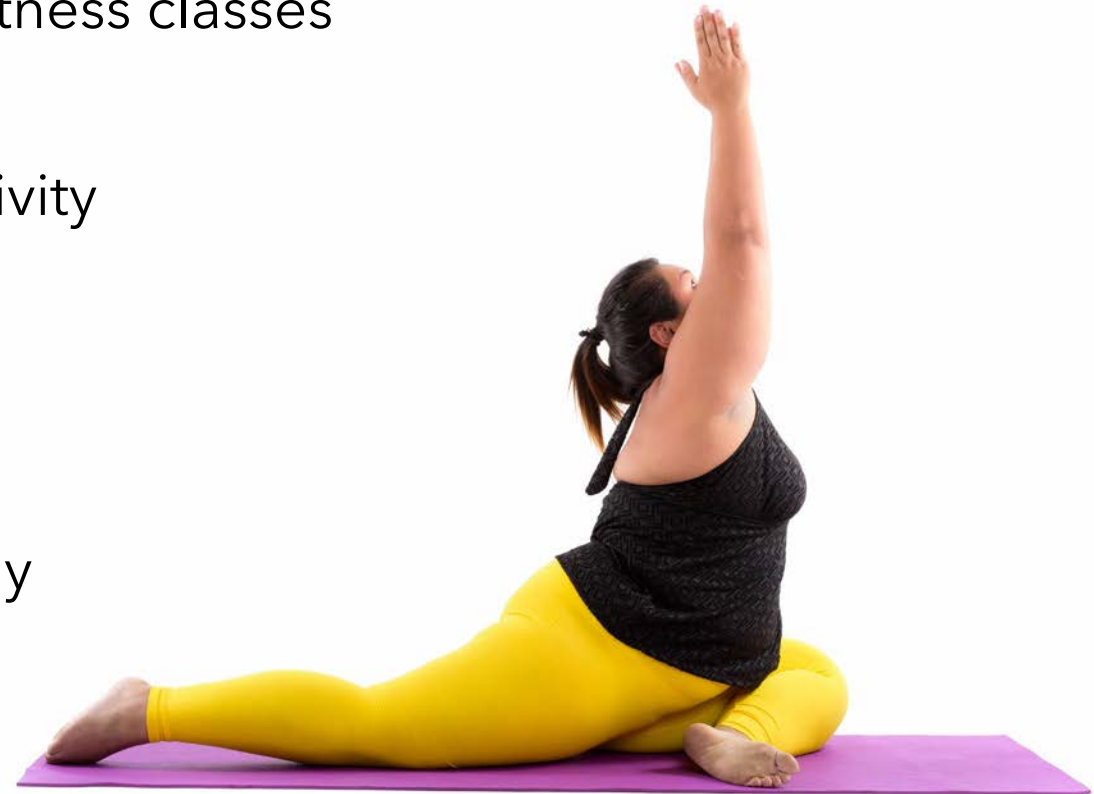
Tofu, 1½ cup	21 g
Brown Rice, ½ cup	2 g
Vegetables, 2 cups	12 g
Sesame Seeds, 2 Tbsp	1 g
Protein	36 g

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?

What will you try to overcome a weight plateau?

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.

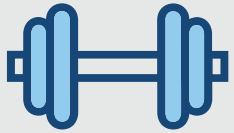
Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME

This Week

Choose a weekly goal, or make up your own:



Add in muscle-strengthening activities



Reduce stress



Pay attention to portion sizes



Other

Action Plan

Make it Personal

» Strengthening Your "How"

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

Weekly Goal

What first step would you like to take this week?

Action Plan

Make it **SMART**



Specific



Measurable



Action-
Oriented



Realistic



Timely

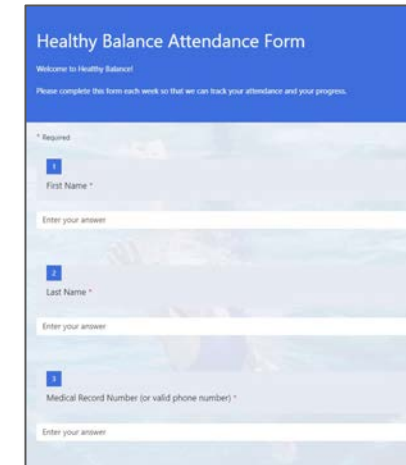
I will add in two muscle strengthening activities this week.

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". It includes a welcome message and instructions to complete the form weekly. The form has three required fields: "First Name", "Last Name", and "Medical Record Number (or valid phone number)". Each field has a corresponding input box and a "Required" label.

Have you filled out the attendance form?