

Overcoming  
Plateaus

# Renew

A Weight Loss Rx Lifestyle Class

## **Overcoming Plateaus**

### **MODULE 3:**

### Mastering Your Health

# *Welcome to class!*

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## Reflection Questions:

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

# *Renew*

A Weight Loss Rx Lifestyle Class

# 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.

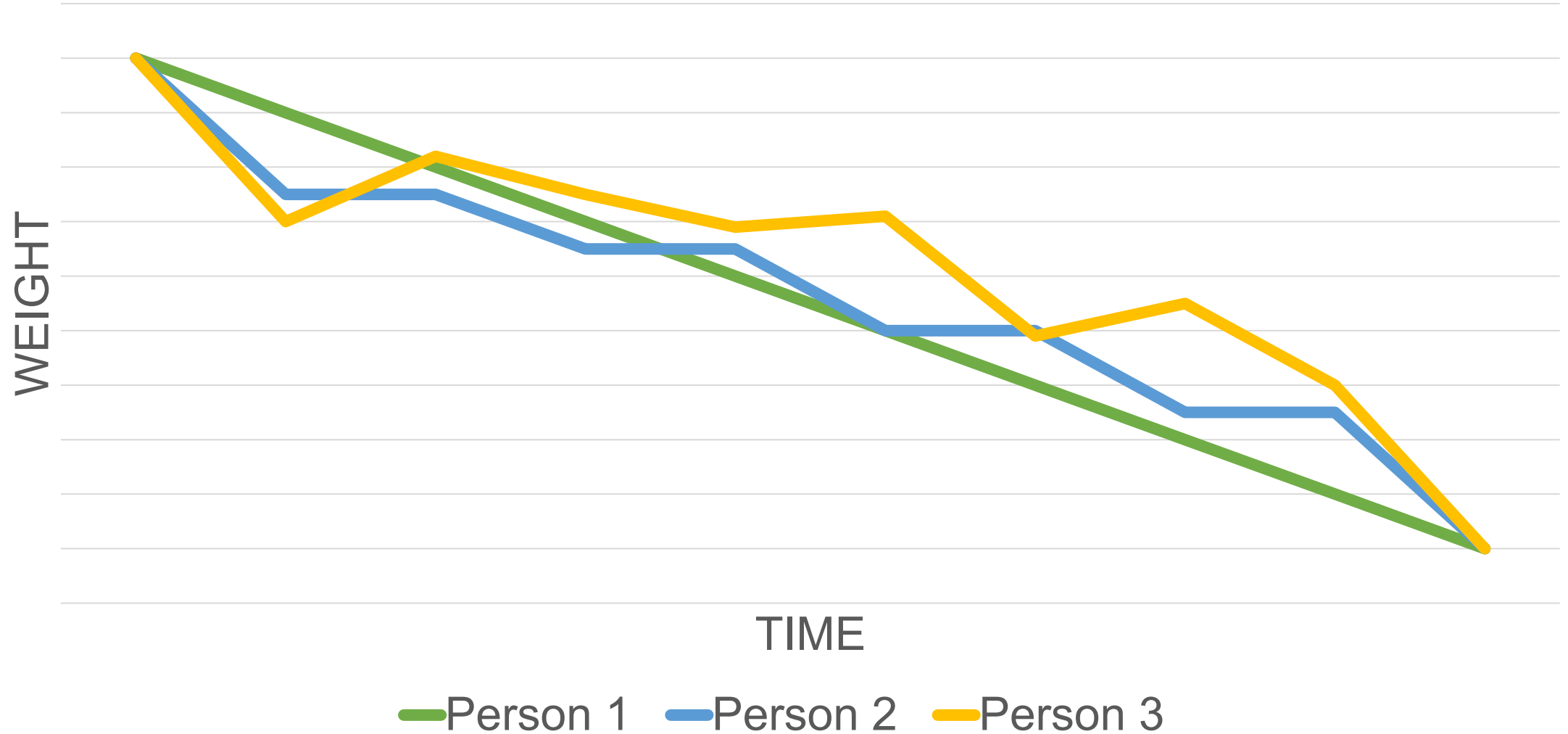
# What is a plateau?

POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER

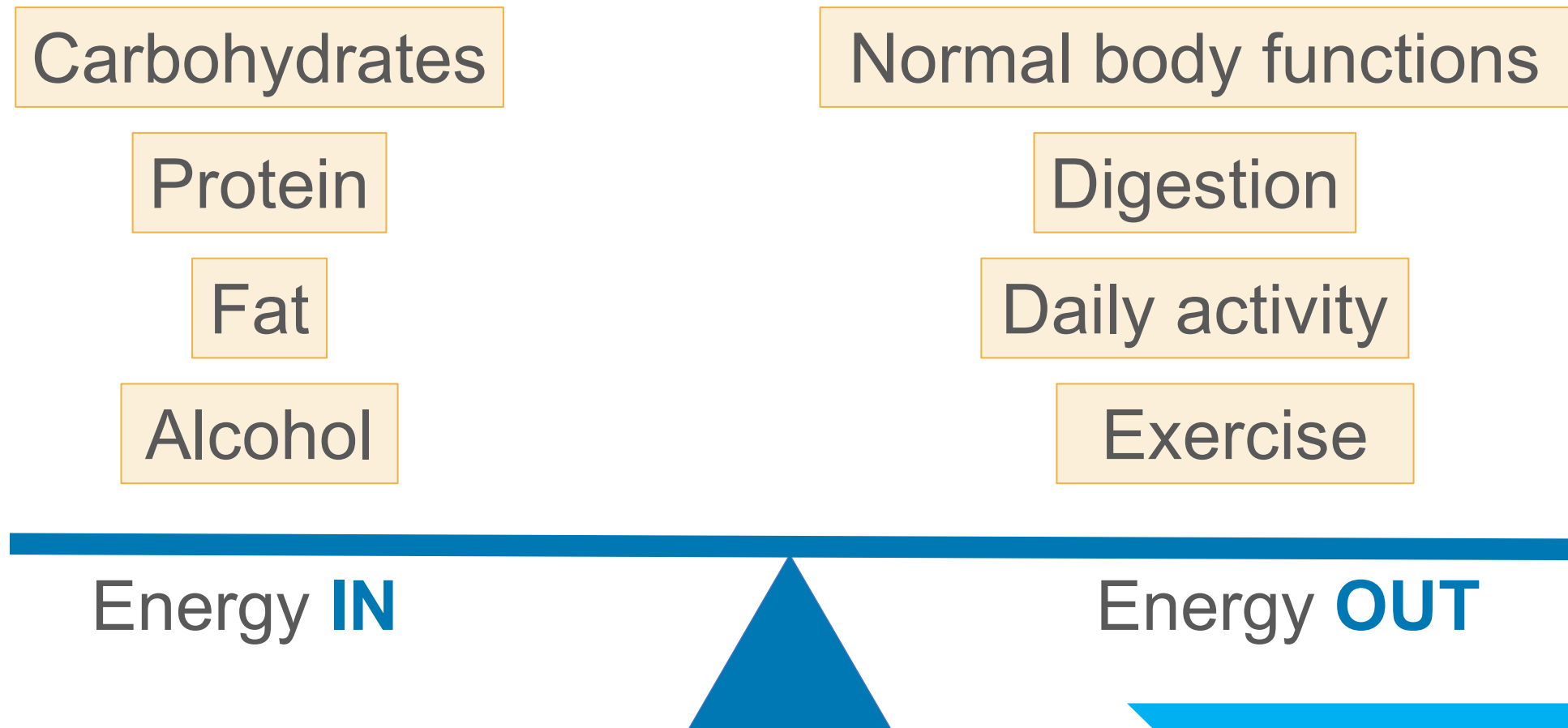


A plateau is when your weight remains the ***same on average***, even though you are eating the same and moving the same for ***4 weeks!***

## Normal Weight Loss Patterns



A true plateau happens when this scale is balanced:  
 $\text{Energy In} = \text{Energy Out}$



To break a plateau, you need to shift the scale.

Eat more high protein foods

Eat more high fiber foods

Increase daily activity

Increase effort/intensity during exercise

Portions

Energy **IN**

Energy **OUT**

## High Protein Foods



- Fish & Seafood
- Tofu, soy, and edamame
- Non-fat Greek or Icelandic yogurt
- Poultry, skinless, white meat
- Seitan
- Protein powders and bars
- Eggs

## High Fiber Foods

- 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?*

# Increase Daily Activity

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- 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



# Increase your intensity!

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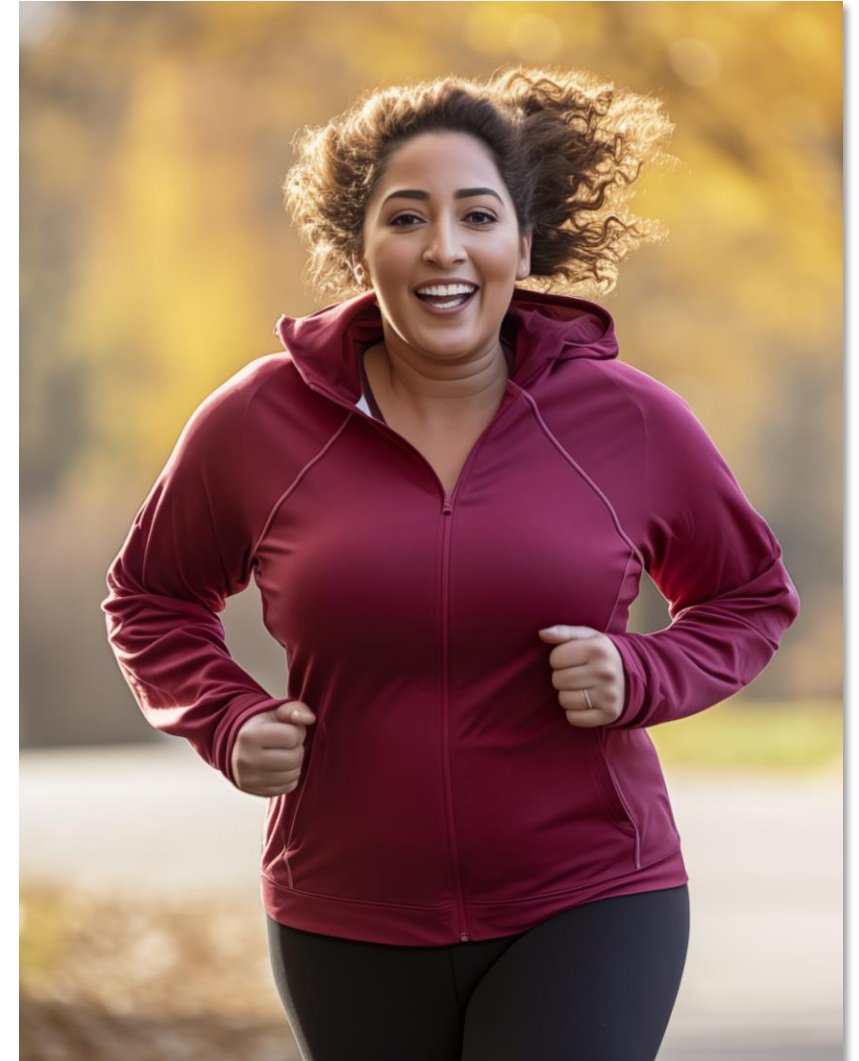


- Consistently making your workouts more challenging will allow your body to continue adapting.
- The fitter you are, the healthier you are regardless of your scale weight.

# 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.



# 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

# Interval Training

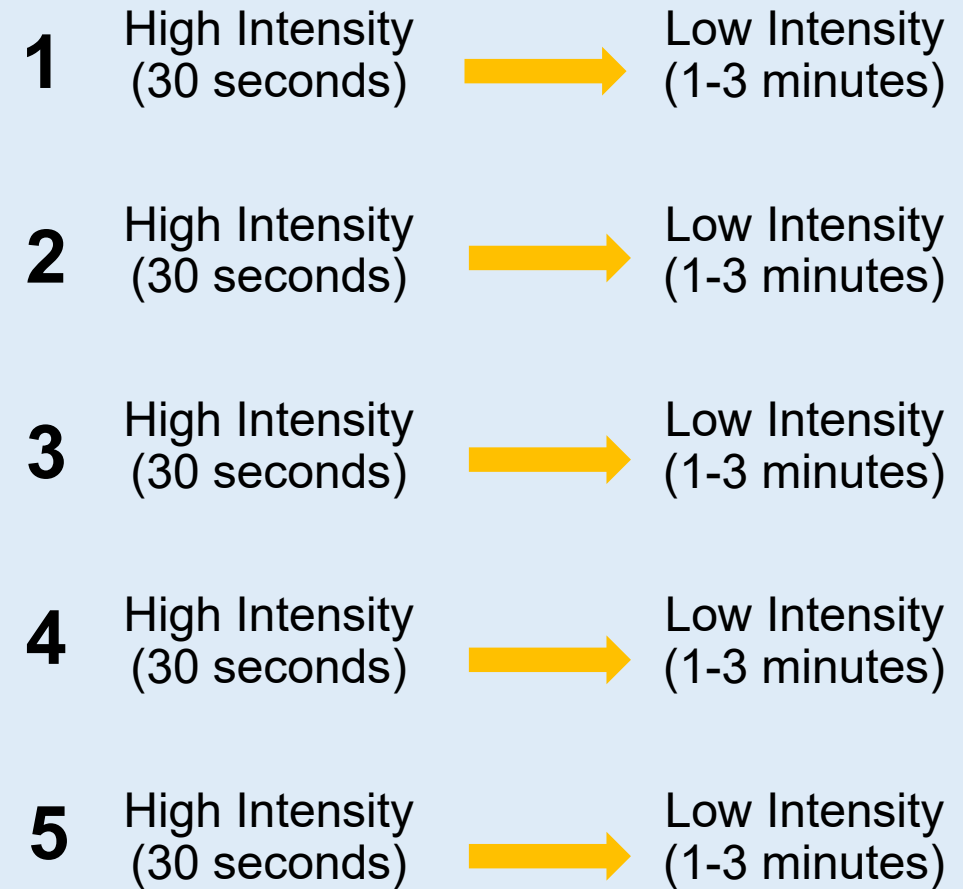
- Alternating short bursts of intense activity with longer intervals of less intense activity
  - Can use speed and/or resistance
- High Intensity Bursts signals the body to adapt to more work
  - i.e. you push your fitness level up faster
- Able to get more intensity from a workout in a shorter span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



# 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:***



# 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



# 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.

# Redefining Plateau

*Your progress is more than the scale.*

POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER



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



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.*

# Resources



[positivechoice.org/renew](https://positivechoice.org/renew)

## Optional Meal Plan

| Plan                                                           | Breakfast                                                                                    | Snack                                                               | Lunch                                                                                          | Snack                                        | Dinner                                                                      |
|----------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------|-----------------------------------------------------------------------------|
| LOW<br>1,000-1,200<br>calories<br>75-100 grams<br>protein      | 2 oz protein<br>1 fruit<br>1 healthy fat<br>1 probiotic<br>1 grain,<br>legume, or<br>starch  | 1 protein<br>supplement<br>OR<br>2 oz protein<br>1 healthy<br>fat   | 4 oz protein<br>supplement<br>OR<br>2 cups<br>vegetables<br>1 healthy<br>fat                   | 1 protein<br>supplement<br>OR<br>1 probiotic | 4 oz protein<br>supplement<br>OR<br>2 cups<br>vegetables<br>1 healthy fat   |
| Moderate<br>1,000-1,400<br>calories<br>80-100 grams<br>protein | 2 oz protein<br>1 fruit<br>1 healthy fat<br>1 probiotic<br>1 grain,<br>legume, or<br>starch  | 1 protein<br>supplement<br>OR<br>2 oz protein<br>1 healthy<br>fat   | 4-6 oz protein<br>supplement<br>OR<br>1 healthy fat<br>1 grain,<br>legume, or<br>starch        | 1 protein<br>supplement<br>OR<br>1 probiotic | 4 oz protein<br>supplement<br>OR<br>2 cups<br>vegetables<br>1 healthy fat   |
| HIGH<br>1,400-1,700<br>calories<br>100-140 grams<br>protein    | 2 oz protein<br>1 fruit<br>1 healthy fat<br>1 probiotic<br>2 grains,<br>legume, or<br>starch | 1 protein<br>supplement<br>OR<br>2-4 oz<br>protein<br>1 healthy fat | 4-6 oz protein<br>supplement<br>OR<br>2 cups<br>vegetables<br>1 grain,<br>legume, or<br>starch | 1 protein<br>supplement<br>OR<br>1 probiotic | 4-6 oz protein<br>supplement<br>OR<br>2 cups<br>vegetables<br>1 healthy fat |

## Getting Started with Strength Training



## KP Health Resources

