



## 6 TIPS FOR CONQUERING PLATEAUS

### 1. Mix up your calorie intake.

If you are always eating the same thing every day, then try changing your day to day calorie intake while maintaining the same weekly amount. Let's say you usually eat about 1600 calories a day, then try eating 1400 one day, 1600 the next and 1800 on the third day. It's not that hard to do, and that simple step can sometimes work when trying to break a plateau.

### 2. Weight Training

You must start weight training because working your muscles will help to strengthen bone tissue, increase lean mass, and ultimately boost metabolic rate. Muscle burns calories faster than fat does!

### 3. Change It Up

Walking is a great exercise, but your body can get accustomed to a certain amount of activity and effort. Try confusing your body by jogging, swimming, or cycling. It can be an activity of any type, as long as you are doing something strenuous for you, and new for your body.

### 4. Alter Macro-nutrient Intake

The idea is to change *what* you are eating a bit. If your diet consists mostly of carbohydrates, then try eating less carbs and more protein. If you change it up a bit, your body may respond positively. Don't increase or decrease the calories significantly, just the types of food you are eating.

### 5. Change How and When You Eat Your Meals

If you always eat three meals a day, at the same time, try adding snacks in between (which may mean reducing the portion size of the main meals). Eating often is an excellent way to increase your metabolism throughout the day.

### 6. What else is there?

Relax and take the pressure off.. It is easy to become so concerned about the number on the scale that you focus too much on it. I found if I focused on something other than my weight, the weight eventually started to come off again.