

# Handling Weight Plateaus

When losing weight, it is common to have **plateaus** or times when you can't seem to lose any more weight. Research suggests that our bodies will try to maintain a specific weight or "**set point.**" This set point can make getting over a plateau difficult.



My Weight Log (lbs)	
Week 1 <b>285</b>	Week 8 <b>274</b>
Week 2 <b>283</b>	Week 9 <b>272</b>
Week 3 <b>282</b>	Week 10 <b>268</b>
Week 4 <b>280</b>	Week 11 <b>267</b>
Week 5 <b>278</b>	Week 12 <b>267</b>
Week 6 <b>277</b>	Week 13 <b>267</b>
Week 7 <b>276</b>	Week 14 <b>267</b>



## Here are tips that can help with managing plateaus:

- **Plateaus are often temporary.** Stay with your program and you should start losing again
- **Try increasing your physical activity.** Add a few additional minutes or steps, increase intensity (for example, add some hills to your walk), or mix up your physical activity (for example, add a new exercise like hiking or tennis). Add strength training or switch from moderate to vigorous physical activity
- **Weigh yourself every day**
- If you haven't been **writing down what you eat** for a while, start again. You may discover that extra calories have crept into your diet plan.
- Plateaus make you feel like giving up. **Remember how much work you have done to get where you are now.** Don't lose ground. Push a little harder to keep moving past the plateau. Contact your MOVE!<sup>®</sup> team. They want to help you reach your goals!
- **Weight loss medications are available.**  
These can complement your dietary and physical activity program.

