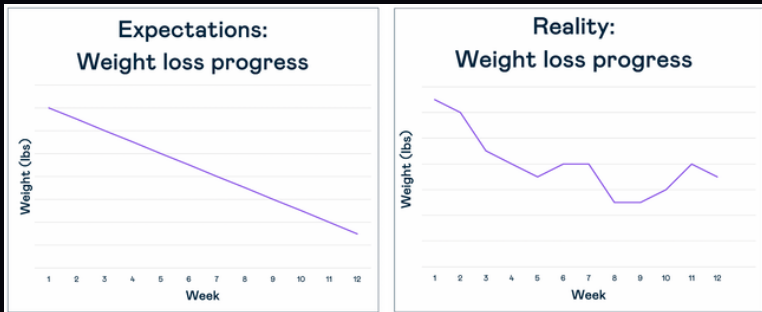


# WEIGHT LOSS PLATEAUS



BY  
ROXY PT












# WHAT IS IT?



**WEIGHT LOSS PLATEAU: WHEN THE SCALE DOESN'T BUDGE AND YOUR WEIGHT ISN'T GOING DOWN**

**HOWEVER... A FEW THINGS CAN BE HAPPENING...**

## **Your Scale Weight Went Up Check List (Not Fat)**

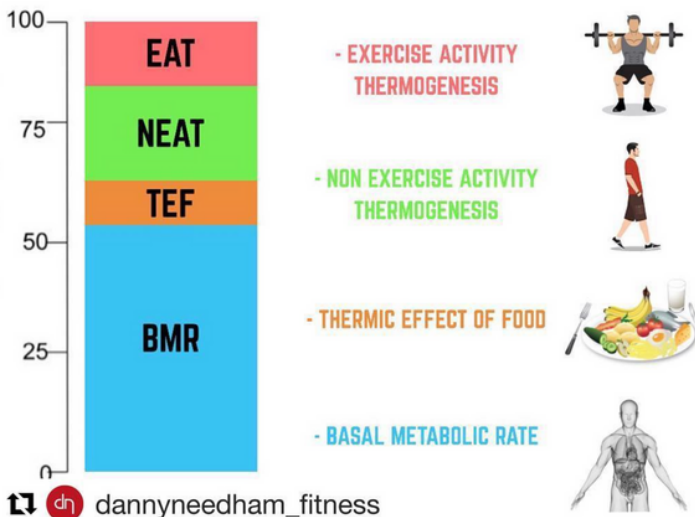
-  **Did you eat an extra 7,000-10,500 calories**
-  **Did you eat more carbs ?** 
-  **Did you eat more salt ?** 
-  **Did you eat More fiber ?** 
-  **Abnormal bathroom habits?** 
-  **Lots of stress ?** 

# WHY DOES IT HAPPEN?

1. YOUR EATING TOO MANY CALORIES-  
YOUR EATING HEALTHY BUT TOO MUCH  
HEALTHY
2. YOUR 'GOOD IN THE WEEK' AND GO  
MENTAL ON THE WEEKENDS
3. YOUR WINGING IT- NOT FOLLOWING A  
NUTRITION PLAN NOR TRACKING YOUR  
CALORIES
4. YOUR STEPS HAVE GONE DOWN
5. YOUR EXERCISE HAS GONE  
DOWN/INTENSITY IS LOWER/SESSIONS  
SHORTER
6. YOUR METABOLISM HAS SLOWED  
DOWN
7. YOUR STRESSED

# TDEE - TOTAL DAILY ENERGY EXPENDITURE

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**IF YOUR DIETING FOR LONG  
PERIODS OF TIME OR DROP  
CALORIES TOO LOW....  
METABOLIC ADAPTATION HAPPENS..**

**WHATS THAT**

- 1. CALORIES BURNT FROM NEAT ( STEPS  
AND NON EXERCISE) GO DOWN**
- 2. CALORIES FROM EAT ( EXERCISE GOES  
DOWN)**
- 3. CALORIES BURNT FROM METABOLISM  
GOES DOWN**
- 4. CALORIES BURNT FROM TEF GOES DOWN**

# HOW DO WE OVERCOME PLATEAUS?

- 1. MAKE SURE YOU ACTUALLY KNOW  
HOW MANY STEPS YOUR DOING AND  
HOW MANY CALORIES YOUR  
INTAKING**
- 2. IF YOUR CONSUMING MORE THAN 1.400  
CALORIES DROP DOWN BY 100 CALORIES  
OR UP STEPS. OR DO MORE  
EXERCISE/INCREASE EXERCISE INTENSITY  
MORE SETS/REPS/LESS REST/ MORE  
WEIGHT/LONGER DISTANCE IN  
ENDURANCE/FASTER TIMES)**
- 3. IF YOUR CONSUMING 1.200 OR LESS  
THEN INCREASE CALORIES BY 100  
PER WEEK**

NEED MORE HELP?

GET IN TOUCH....

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