

2 Easy Ways to Conquer Weight Loss Plateau

You were probably losing weight successfully for the first few weeks after you began a new weight loss product, only to be stuck at a particular weight later. You will lose weight very quickly for the first few weeks but after that, you will suddenly discover that the scale is not going down anymore! You have hit a situation commonly known as “weight loss plateau”! When this occurs, the only remedy is a complete overhaul of your lifestyle habits.

You have probably done the same sets of exercises and have eaten the same types of foods over and over again during those first few weeks when you were losing weight. As a result your body grown accustomed to your diet and exercise routine. When this occurs, it is clear your weight loss methods failed to bring the sustainable results you had hoped for!

In order to move past this challenging point, we suggest that you change your diet and exercise regimen.

Here are two approaches to overcome a weight loss plateau.

1. Calorie-counting is not the way to go: When you count calories, you basically limit your intake to an abnormally low level. When you eat extremely low calorie foods, there is no incentive for your body to increase your metabolic rate since it has only a few calories to burn. The result - your metabolic rate always remains at a very low level. When your metabolic rate is low, you are not able to burn fat!

In order to burn fat and lose weight successfully, you need to forget about calorie counting and eat enough so that your body is forced to keep your metabolic rate at a high level. Your body needs fuel to burn fat, and it gets that fuel only from foods!

2. Exercise more: If you have been avoiding exercises altogether, or have been doing only light exercises, you cannot lose weight. Weight loss is only possible if you perform high intensity workouts three to four times a week. Exercise IS yet another powerful way of increasing your metabolic rate.

Follow these two methods and you will overcome the weight loss plateau and be well on your way to a slim, trim you!