



FAB BITS-N-TIPS – WEEK OF 25 MARCH 2012

Have a Weight Loss Plateau?

By Jillian Michaels

There is nothing more discouraging than stepping on the scale after a week of diligent dieting and grueling workouts and not seeing any drop in the number. The plateau is a common problem among dieters and can typically be waited out, but there are measures you can take to keep your metabolism fired up even as you reduce your caloric intake.

The best way to break a plateau is to keep your salt intake below 2,000 milligrams a day and drink lots of water. Make sure you're not eating any processed carbs, period. That's right — no chips, sugar, white flour, and so on. And hit the gym hard! The boost in exercise will make your body swell and hold fluids for a few days, but after a week you should see the benefits on the scale.

You can also try playing around with your caloric intake a bit, varying it from day to day throughout the week while keeping the same weekly total. The body can't slow its metabolism to adjust to a reduced caloric intake if the intake isn't fixed from one day to the next. For instance, to bust my plateau, I might have 1,200 calories on Monday, Wednesday, and Friday and then eat 1,500 calories on Tuesday, 1,600 on Thursday, 1,400 on Saturday, and 1,700 on Sunday. Get it?

The plateau effect can sometimes simply be a matter of flagging resolve. If mixing up your caloric intake just isn't working, make sure you're not slipping up on your diet or slacking off in your workouts. I'm serious; it happens.

As with any program, there will be highs and lows, but stay with it. Your body is trying to adjust to the weight loss. Don't get scared or discouraged. Just be patient and know that you are worth it!

It's Not Just About Looking Good

By Jillian Michaels

Who *doesn't* want to look totally hot? If you asked 100 people who were starting to exercise for the first time (or returning to regular workouts after a long time off) what their main motivation was, the majority of them would say something like, "I want to look good," or "I want to fit into a size __ again." And hey, whatever gets you on track initially is good enough for me. But when that scale hasn't budged in a few weeks, it's time to remind yourself that there are lots of other reasons to make exercise a habit.

Research has clearly linked coronary heart disease, diabetes, and cancer to lifestyle. Apart from aiding in weight loss, physical activity offers a positive, healthy way to release anxieties and alleviate tension, which can help reduce your risk of many lifestyle-related diseases. Exercise also supports mental well-being: Physical activity actually changes your brain chemistry, which directly influences your mood and frame of mind for the better. Among other things, physical activity triggers the release of endorphins, which act on the brain as natural tranquilizers.

In addition, exercise will boost your confidence. As you start working out and getting stronger, your sense of strength in other aspects of your life will naturally flourish. Bottom line: The more physically fit you are, the longer you'll live and the better your quality of life will be.

Source: www.everydayhealth.com