

## PLATEAUS AND OTHER FRUSTRATIONS

As we enter the half way point of our Slimathon Weight Loss Competition, initial enthusiasm has waned. Stick-to-itness has given way to slippage. The beginning rapid weight loss has been halted and the scales show no decline.

Perhaps you have hit what is called, a plateau. The theory behind this is that your body, in pursuit of stability, wants to maintain body weight within a given range. When you threaten to go outside of this range (ie. weight loss) your body will hold steady and maintain weight despite continued calorie reduction. The only way to combat this phenomenon is by perseverance until a new, lower weight range can be established.

For others, perhaps you are experiencing the dieter's drone, you are just tired of this! It is at this point that your "team" can be particularly effective. Together you can rekindle the enthusiasm. Perhaps you might "contract" with each other to emphasize continued commitment through the end.

Some have indicated frustration with having shown no weight loss despite diligent efforts. First, applaud yourself for your improved eating habits. Then, explore the possibility that your changes, while they may be healthier, may not necessarily be conducive to weight loss. Yes, raisins are better than cookies, but raisins are high in calories. Calories count.

If you find yourself particularly frustrated, give yourself a break (suggested for a particular occasion or weekend). Move away from the confines associated with dieting, just don't go wild; such a slip could make your past efforts for naught.

Reflect on your changes. Consumption of less than you might have otherwise consumed is applaudable. A one pound weight loss this week seems meager, but given 6 months, that adds up to 26 pounds.

Most importantly, continue to enjoy your efforts and you will be better able to extend your efforts over a period of time..... a lifetime!

