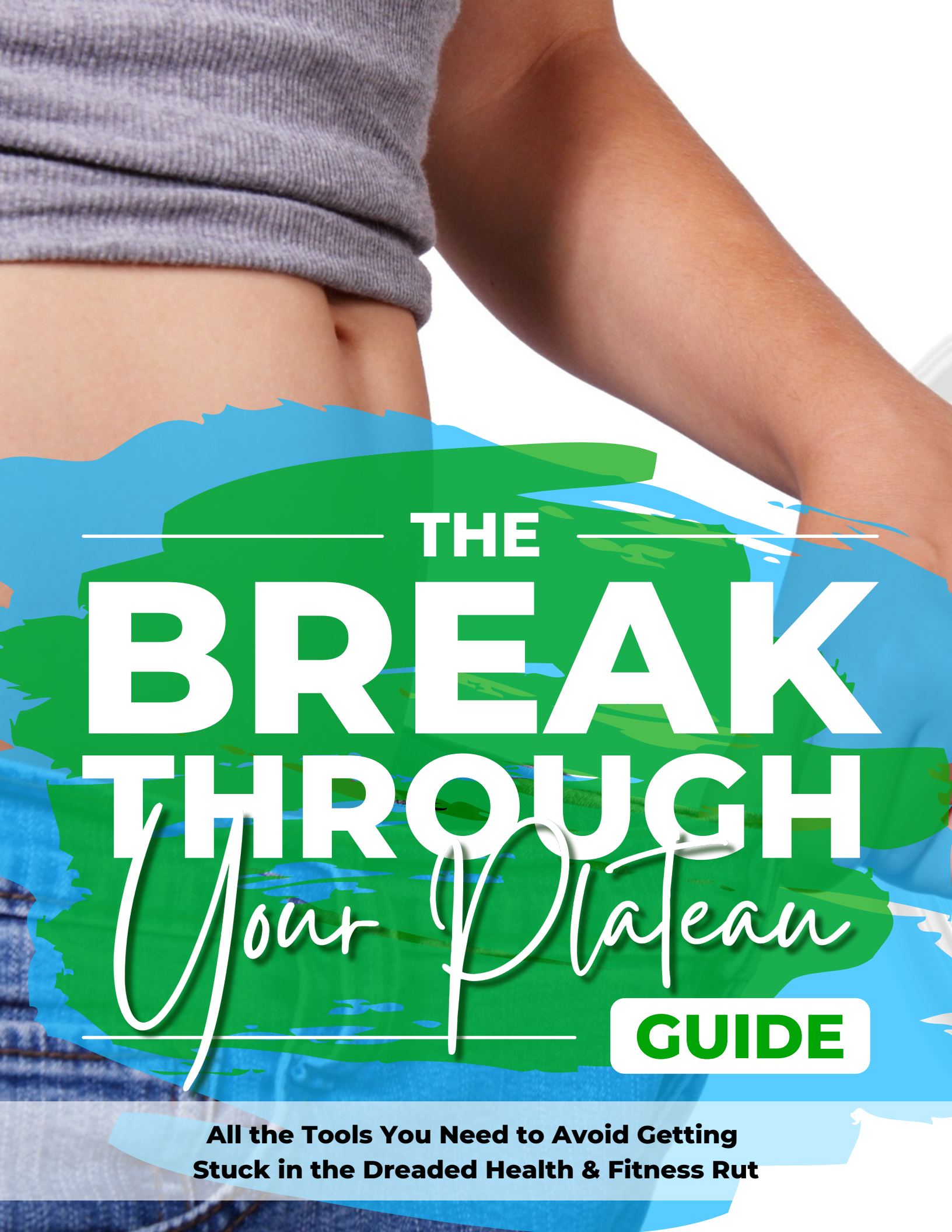
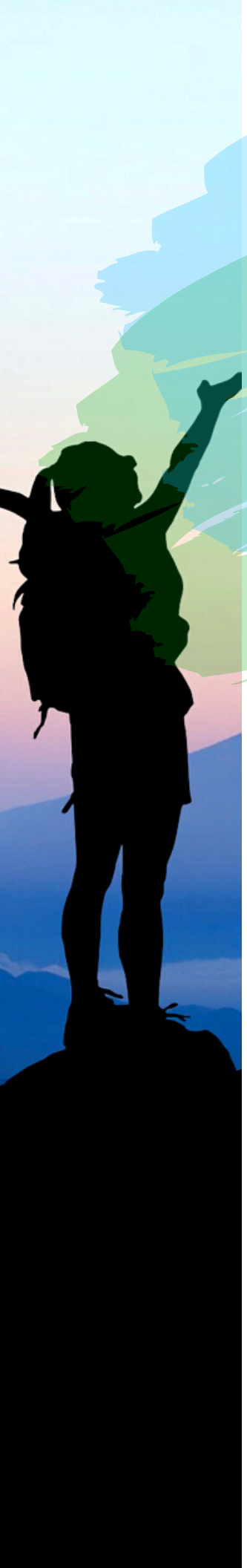


THE BREAK THROUGH Your Plateau GUIDE

All the Tools You Need to Avoid Getting Stuck in the Dreaded Health & Fitness Rut



Welcome!

Thank you so much for downloading the *Break Through Your Plateau Guide*.

I wish I had this guide early on in my own journey to better health and fitness! Hitting a plateau and getting "stuck" is something that's happened to just about everyone I know.

The good news is that there are simple and easy strategies to help you BREAK THROUGH!

This guide was specifically designed to help you:

- **AVOID PLATEAUS**
- **BREAK THROUGH THEM**
- **WHEN THEY DO HAPPEN, &**
- **REACH YOUR GOALS**
- **FASTER AND WITH LESS**
- **FRUSTRATION!**

First, What Actually Is a Plateau?

If you're reading this guide, you might have firsthand experience with the following scenario:

You've been working hard following a plan to help you lose weight – and you've been getting steady and consistent results.

And even better, you feel GREAT!

But then suddenly...

STUCK! All of your progress suddenly stops. The scale doesn't budge, and it's as if your body REFUSES to lose more weight.

You've hit a plateau.

It might feel more like a brick wall – and it's blocking you from reaching your goals.

It's frustrating, to say the least. And it's also absolutely normal.

EVERYONE PLATEAUS. IT'S WHAT YOU DO NEXT THAT COUNTS.

NOAH KAGAN

WHAT CAUSES A Plateau?

Many factors can contribute to a weight-loss plateau.

#1 WATER WEIGHT

The quick drop of weight when you first start eating a healthier diet can actually be water weight (not fat).

This happens because when you eat less or eat fewer carbs, your body taps into its glycogen stores to get the energy it needs. Glycogen is stored in your muscles and liver.

It's partly made of water, so when your body burns glycogen for energy, that water gets released. That can translate into quickly dropping a few to several pounds.

This effect is just temporary, though.

WHAT CAUSES A PLATEAU?

#2 YOUR METABOLISM HAS SLOWED DOWN

When you lose weight, you lose some muscle along with fat.

In fact, it's estimated that up to 25% of the body tissue lost during weight loss comes from muscle! (We're going to talk more about this later.)

This affects your metabolism because muscle burns more calories than fat. It's a small difference, but multiplied over time, it can really add up.

#3 YOUR FOOD CHOICES

Some foods can cause your body to retain water, especially for women.

Top offenders are foods high in carbohydrates (one tip: the second half of the word is "HYDRATE") and sodium.

#4 YOUR PORTION SIZES HAVE CREPT UP

(even slightly)

Changing your body composition is a marathon, not a sprint! It takes time to safely lose weight, and that also means that over time, it's pretty normal for even the most conscientious person to unconsciously start adding a little extra to their snacks or meals.

Again, those extra calories add up.

WHAT CAUSES A PLATEAU?

#5 HORMONES, STRESS & MORE!

Our bodies are incredibly complex. Everything from our stress level to how much sleep we are getting can create hormonal shifts that affect how our body functions – and how our body uses the food we eat.

#6 YOUR BODY HAS ADJUSTED TO YOUR WORKOUTS/PLAN

This is a good news–bad news situation.

This can be a sign that you've gotten FITTER because your program is no longer challenging your body the way it used to.

But it also can be a sign that you have to mix things up and change what you're doing!

It might not require a complete overhaul, but it could mean layering in more intense workouts, different kinds of workouts, more rest days, etc.

Note:

This is an area where working with an experienced coach can make a tremendous difference! They'll be able to help you pinpoint exactly what variables need to be adjusted!

IT'S NOT ALL ABOUT THE The Weight

First, ask yourself: is it REALLY a plateau?

Has your progress actually stalled? Or has the scale simply stayed the same for a few weeks?

Note:

This is one reason coaches always suggest you take a "before" picture as well as measurements. The scale only tells a fraction of your transformation story!

When you first start eating less, you can experience a sudden quick loss of weight, which eventually settles down into .5 to 2 pounds a week. But getting a week (or two) of no scale movement doesn't mean your plan isn't working. Your weight doesn't always respond in a linear fashion to your efforts.

You might be losing body fat (and inches) while the scale doesn't budge! Is it frustrating sometimes? YES.

IT'S NOT ALL ABOUT THE WEIGHT

But remember...

If you've been consistently doing challenging workouts (especially resistance training), you also are changing the SHAPE of your body and making it stronger!

This is a major player in your results.

PLUS ... if you're struggling to lose those "last 5 pounds," it's not necessarily a weight-loss plateau. You might be at a weight that's healthy and natural for your body. Losing those pounds can take extra effort – as can keeping them off once you hit your goal.

BELIEVE IN YOURSELF
AND YOU WILL
BE UNSTOPPABLE.
ANONYMOUS

10 Ways

TO BUST YOUR PLATEAU

Now that we've identified some of the reasons you might be experiencing a plateau, let's talk about the things you can actually DO to break through to the other side! (HINT: It's a lot easier than you think!)

Here's a list of strategies and actions you can take to restart your results.

#1 START TRACKING YOUR FOOD.

Yes, using a food log can be tedious and it takes time, in the short term. But in the long term, it will give you valuable information that can actually SAVE time by speeding up your results.

You will learn how many calories you actually are taking in vs. how many you think you are eating. You'll see a big picture of your food choices, and whether you are eating enough nutrient-dense foods (i.e., rich in vitamins and minerals vs. calories). It can be a valuable check-in on your portion sizes.

Some online food trackers to try: MyFitnessPal, Cronometer, and the Fitbit app.

10 WAYS TO BUST THROUGH YOUR PLATEAU

#2 CHECK YOUR ACTIVITY LEVEL

The daily activity you do outside of your workouts makes a huge contribution (as much as 30%!) toward your overall daily calorie burn.

This means sitting vs. lying down, standing vs. sitting, walking vs. parking close to the entrance, doing household tasks vs. watching TV for an hour.

This does more than simply burn calories. It can help keep your body's fat-burning pump primed!

The enzyme **lipoprotein lipase (LPL)** plays a major role in your body's ability to burn fat for energy. But when you're sedentary, you don't have as much of it in your system.

Moving throughout the day can keep your LPL level up, which means your body is able to burn more fat.

Using an activity tracker (like a FitBit or Apple Watch) can help you monitor your daily activity.

Remember...

The daily activity you do outside of your workouts makes a huge contribution (as much as 30%!) toward your overall daily calorie burn.

10 WAYS TO BUST THROUGH YOUR PLATEAU

#3 EAT ENOUGH PROTEIN

When it comes to weight loss, getting enough protein in your diet can be a game-changer.

It boosts your body's metabolism more than either fat or carbs because it requires more energy to digest.

Protein signals your body to release hormones that reduce your appetite and keep you feeling full.

It protects your body from losing muscle mass (and a related dip in your metabolic rate) as you lose weight.

A qualified coach can help you develop strategies for adding protein to your meals in a way that works with your lifestyle.

Note:

Studies show that spreading out your protein intake over the course of the day is best for both for weight loss AND maintaining your muscle.

DON'T WAIT UNTIL YOU'VE REACHED YOUR GOAL TO BE PROUD OF YOURSELF. BE PROUD OF EVERY STEP YOU TAKE TOWARD REACHING THAT GOAL.

ANONYMOUS

10 WAYS TO BUST THROUGH YOUR PLATEAU

#4 WATCH YOUR ALCOHOL INTAKE

Here's the sneaky truth about drinking alcohol: it actually has more of an impact on your body (and your results) than simply the empty calories it contains.

Alcohol lowers your inhibitions, which means you are more likely to 1) overeat or 2) eat foods you normally wouldn't.

Not only that, but research suggests it affects your body's ability to burn fat, and it might also lead to an increase in belly fat.

The best bet for breaking a plateau: enjoy alcohol sparingly (if at all).

#5 ELIMINATE SNEAKY SUGAR IN BEVERAGES

Sugar has a way of finding itself into your diet – especially via beverages like soda, fruit juices, and flavored coffee and teas.

Make sure you read labels (even of beverages you pick up at a coffee shop).

The problem with sugary beverages is that your brain doesn't compensate for the calories they contain by making you eat less of other foods. So, not only are you taking in those empty calories, you end up eating more overall.

10 WAYS TO BUST THROUGH YOUR PLATEAU

#6 CHANGE UP YOUR WORKOUTS

If you've been doing the same kinds of workouts for a while, switch them up to include:

- LONGER OR MORE INTENSE WORKOUTS
- DIFFERENT KINDS OF WORKOUTS
- MORE WORKOUTS DURING THE WEEK

First, **If you're not following a workout plan, it's time to start!**

And if you ***already*** have a workout program, working out another 1-2 days a week OR increasing the intensity or length of your existing workouts can help rev up your metabolism.

So can adding resistance (strength) training to your routine. Research suggests it might be the best form of exercise if you want to lose weight.

Resistance workouts help your body maintain its muscle mass, which not only keeps you feeling fit and strong but also helps boost your metabolism.

This is where it can be especially helpful to work with a coach who can help you create a plan that challenges your body just enough, without overstressing your body.

10 WAYS TO BUST THROUGH YOUR PLATEAU

#7 CHECK YOUR STRESS LEVELS

Having an overload of stress in your life can really put a damper on your results.

First, it can trigger food cravings and make you want to eat for comfort.

It also can disrupt your sleep (more on that shortly).

But it also works on a more insidious level, increasing your body's production of cortisol (a stress hormone).

When you have too much cortisol in your bloodstream for too long, it can make your body store belly fat (especially in women).

Stress is inevitable, but research has shown that learning HOW to manage stress can help with weight loss.

Coaches can help you identify what's stressing you, as well as assist in creating a plan to manage it - before it manages you!

10 WAYS TO BUST THROUGH YOUR PLATEAU

#8 SLEEP MORE

Not getting enough sleep is like a triple whammy for your results.

- 👎 It can lower your metabolic rate.
- 👎 It can release hormones that make you feel hungry.
- 👎 It helps promote fat storage.

Do your best to get 7 to 8 hours of sleep a night, which seems to be the sweet spot for keeping your hormones balanced.

10 WAYS TO BUST THROUGH YOUR PLATEAU

#9 YOUR BODY NEEDS A BREAK

If you've been in a calorie deficit (eating fewer calories than your body would normally need) for a long time (several months), your body might need a little break to reset.

This doesn't mean STOPPING your plan. The goal is to MAINTAIN your results for a month or two, and then restart again when your body is rested.

Three steps to a mini-vacation from your weight-loss plan:

1. **Boost your calories to maintenance level**
2. **Make sure you get enough sleep and rest**
3. **Change your fitness goals to get stronger and put on a little muscle, which may mean doing less cardiovascular exercise (depending on your previous program)**

Then, restart your plan.

Note:

It can be critical to get support during this process. An experienced coach will not only help create a plan that works with your goals, but also monitor your progress and keep you feeling challenged and motivated.

10 WAYS TO BUST THROUGH YOUR PLATEAU

#10 CHECK WITH YOUR DOCTOR

If everything checks out – your food intake, your workouts and activity level, your stress, sleep, etc. – and you're still not seeing progress, it can be worth making an appointment with your doctor to see if you have an underlying condition affecting your results.

Possible issues that can affect weight loss include thyroid or adrenal gland problems, polycystic ovarian syndrome (PCOS), sleep apnea, menopause, breastfeeding, and quitting smoking.

Healthy Habits

HEALTHY RESULTS

We hope this guide not only helps you break through a plateau, but also feel AMAZING. Because as you've seen, it takes a total-body approach to create healthy results that last a lifetime.

What's good for your body – healthy food, regular movement, less stress, more sleep – also helps you reach your goals faster.

As a coach, I specialize in helping my clients find simple solutions that make it easier to maintain a fit lifestyle.

- **MOTIVATION**
- **ACCOUNTABILITY**
- **SUPPORT**
- **A COMPLETE CUSTOMIZED PLAN – AND A PROVEN PROCESS! – THAT FITS YOUR NEEDS AND SCHEDULE**
- **COACHING IN OTHER AREAS THAT AFFECT YOUR RESULTS (STRESS, SLEEP, WORKOUTS, AND MORE!)**

Healthy Habits

HEALTHY RESULTS

If you're looking to make changes in your energy, fitness, or wellness, I'm here for you!

As a special thank you for downloading, I have a gift for you.

I would be honored to be part of your fitness & wellness journey.

To your health,

Matt Probst