

Plateau Busting Secrets

Revealed



- *Tips on how to get through the dreaded PLATEAU
- *Overcome stalled weight loss
- *Reduce Stress & Lose the lbs
- *Training Tips
- *Calorie Guide

Plateau Busting Secrets

Revealed

You've been following a nutrition program, eating clean, and exercising regularly. You've had great success so far, with a steady drop on the scale, then...

Boom!! You've hit a wall!

The weight loss has stalled, but you're still doing everything the same!

What do I do???

What NOT To Do

Logic says, "I decreased my calories and exercised more and I lost weight. Therefore, I'll just lower my calories more or exercise more and the weight loss will continue."

DON'T DO IT!

Why We Plateau?

- ❖ Adjustments in calorie expenditure
- ❖ Lowering of body size decreases your calorie expenditure (the amount of calories you expend through daily activity, and exercise)
- ❖ Hormones
 - Decreasing your calorie intake and or creating a large calorie deficit of more than a 750-calorie from what you expend daily will slow down your metabolic rate and metabolic hormones over time. Average calories for a women is 1100-1300 for women) and (Average for men is 1800-2100)
 - Stress on the body can drastically affect your hormones (think work stress, family stress, lack of sleep). When the body is stressed, it will hold on to emergency fat stores with vengeance, as it thinks it may be needed down the road.
- ❖ Exercise
 - Performing only low - medium intensity cardio (jogging, elliptical, treadmill). These types of exercises, while they burn calories, can quickly burn through your lean muscle tissue as well, lowering your metabolic rate. This type of exercise can also cause too much of cortisol increases in the body. Stress is bad news for fat loss. Your body adapts quickly to this form of exercise, and endurance training doesn't give you that post workout burn calorie.
 - Not doing some form of resistance exercise (building lean muscle tissue, will increase your metabolic rate)
 - Doing too much resistance training or HIIT. If you have been doing 6-7 days a week of training 10-12 weeks in a row especially on low calories it is time for active recovery.

Plateau's can be tough to break through! Here are some steps to BUST through that plateau and continue your fat loss!

Start Busting Through Your Plateau Today

- ✓ Stop steady state cardio completely. Instead go for walks enjoy nature, stretch, do some yoga!
- ✓ Get 7-8 hours of quality sleep per night!
- ✓ Try to reduce stress (I know! This one can be tough!)
- ✓ Drink lots of WATER! (At least 4 Litres a day) This will help flush out excess sodium and water from your body and help reduce any bloating. This will also help your muscles to recover quicker and reduce inflammation.
- ✓ Start tracking calories and macronutrients; My Fitness Pal is a helpful App.
 - For example If you are a female and have been eating 1100-1400 calories daily or a male eating 1800-2100 calories daily Increase your carbohydrate intake – 50g a day/200calories on a workout day, and 25g a day/100 calories on a non-workout day. This usually works well (keep in mind that everyone is different).
- ✓ Make sure you're getting enough protein
 - Women -100-125g daily or 1 gram per goal body weight.
 - Men – 150-175g daily or 1 gram per goal body weight.



Take a green or super food supplement, omega 3's, vitamin D3, and a probiotic. These super nutrients will help your body heal and decrease inflammation in your entire body!



Perform Active Recovery Workouts

- This will consist of resistance training 2-3 times per week. Keep these sessions to full body workouts and under an hour in duration. Don't push yourself to failure. Remember, you're allowing your body to increase its recovery.

The Secret to getting over plateaus in your weight-loss journey is all about rest and stress reduction. You need to allow your body to heal, so it knows it can start losing weight again!

*Note – Results may vary. This is not a customized plan. Every body is different and will respond differently to programs. There is no one size fits all answer, and therefore may not work for everyone. If you have been dieting for quite a long time, you may need to have even more than 2 weeks of reduced exercise, recovery and increased calories.

*Severe metabolic damage will take time to heal, sometimes needing months of slowly increasing and manipulating your calories up and down.

If you need more help a customized program may be right for you! Visit the link below to find out more:

<http://fitsync.com/fit-n-flexible/>