Paleo-content

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**Subject** – Get Past the Weight loss Plateau

Hello,

So, how is your new diet and exercise regimen treating you?

As lifestyle and health experts, we know that the question can be seriously troubling for some readers; especially, those who have reached a point where their weight just won’t drop any further. With all the healthy food and regular exercise why does the needle refuse to nudge?

Isn’t it frustrating?

Indeed, but let us comfort you by telling you that you are not the only one experiencing that. You have reached a plateau, like a lot of other people who fall for workout fads and crash diets. And if that doesn’t make you feel better, let us tell you that there is indeed a way out of it.

* **Change Your Exercise and Diet Plan**- Consistency can be a reason behind the constant numbers on the scale. Try new exercise and change your meal menu.
* **Reduce Your Portion Size** – Analyze your portion size and measure the calories. May be you are taking more than you can burn.
* **Cut Down the Snacks** – Snacks are usually not prohibited in most diets, but untimely and excessive munching can actually result in weight loss plateau.
* **Focus on Metabolism** - Your metabolism can very well be the culprit behind your weight loss problem. Try eating food that enhances and expedites metabolism. Consult a doctor or dietician to get professional help.

With these tips, you are bound to climb out the plateau once and for all. However, we do believe that when you hit a healthy digit on the scale, it is more important to maintain that weight rather than keep losing it.

With that note, we bid you farewell and good luck.

Thank you