



Weight & Nutrition: Week 9 Pilot — Plateau Busting

Weight-loss plateaus are normal physiological adaptations, not failures. The body lowers metabolic rate to conserve energy. Knowing how to respond prevents frustration and rebound weight gain. Plateaus require strategy shifts, not surrender.

Prolonged calorie restriction reduces resting metabolic rate and increases hunger hormones. Muscle loss may occur if protein and resistance training are inadequate.

Lab trends often show rising insulin and cortisol during plateau phases.

Adjusting protein intake, resistance training, and recovery restores metabolic momentum.

01 Is This Your Story?

A patient loses 15 pounds then stalls for two months. They reduce calories further and feel exhausted. When guided to increase protein and strength training instead of further restriction, metabolism recovers and weight loss resumes.

02 Try This Today

Measure: Track hunger and energy levels during your plateau.

Do: Add resistance training or protein rather than cutting calories further.

Reflect: Ask whether your plateau is metabolic adaptation, not failure.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

