



How to break through the weight loss plateau!

Here are a few things to do to that will help jump start your body into losing weight again.

Exercise - for 10 to 15 minutes more each day than you usually do.
Consider Lifting Weights - More muscle means burning more calories.

Rethink why you're losing weight Dropping weight will, by itself, improve your health. But if you want to stay motivated while you're losing weight and beyond, think long term. "Tell yourself, 'I want to live to see my grandchildren,' rather than 'I want to look good at my class reunion.'"

Eat 5 small meals each day. It makes you feel more satisfied and helps deal with cravings.

Skip that cookie. Forgo that piece of bread Eat one less cookie or half as much chocolate. If you can eliminate 100 calories a day in a month you'll have reduced your diet by almost one pound's worth of calories painlessly.

Drink more Water. Often, plateaus are due to fluid retention. To eliminate excess fluid, restrict your salt intake, drink more water, exercise, and eat more fruit-especially cantaloupe, honeydew, oranges, and bananas, which contain water-eliminating potassium. (Just don't go overboard-they still have calories.) **

* Based in part on and article at Web MD.com

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