



# BROOKLYN\_BORN

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## The View from a Plateau

Tuesday, November 06, 2012

Ah, the dreaded plateaus of weight loss. As I read the new blog posts each morning, it's a rare day that they are not a focus of concern to someone. A search of the message boards reveals the same thing. Anyone who has ever been on a weight loss journey has been there.

If I think about it geographically, standing on a plateau gives me a chance to see where I've been and where I'm headed. I can look around, take in the scenery and focus on other things for a bit. Maybe there's something here that I haven't noticed before, like some inches lost, or stronger abs, or less jiggle in my arms. Maybe the jeans are going on easier or that image in the mirror looks surprisingly good.

After a rest period on the plateau, I'm ready to continue my journey down the mountain to my final destination. I trust that my body knows when it's time to move on as long as I've been honestly taking care of it and I haven't been unrealistic about the distance or speed I'm trying to achieve. Finally, I definitely prefer the view from the plateau to retracing my steps back up the mountain only to have to come back down again.

Difficult though it may be, don't be discouraged. Plateaus are just a necessary part of the terrain.

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**COCK-ROBIN**  
Very good and motivational.  
3142 days ago



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**CD11824494**  
Very insightful! I always love reading your blogs! I have not come to a plateau as of yet, I have a long ways to go so long as I don't give up, and I won't. but I know that the plateau will come and that I have so much more work to do when I get there as my body is saying more is needed.  
3142 days ago





**DAVIS\_6311**

**THANK YOU!**

for your amazing insight! It's very true...they are a great place to see where you've been and where your headed!  
3142 days ago



**CELIAMINER**

It's great how you trust your body's wisdom!  
3142 days ago



**TREYONE**

what a fantastically positive blog!!! It is so easy to get discouraged when you don't see the

numbers falling anymore, instead of looking at the big picture - how you feel!!!



**We!! Done! THANK YOU!**

3142 days ago



**CD11026554**

A good way of looking at it!  
3142 days ago



**SUZYMOBILE**

Well said, as usual! Though I have to admit, it's the most positive spin I've ever seen put on the concept!  
3142 days ago



**WILSONWR**

Excellent blog. Plateaus used to frustrate me, but now that I've been doing this for about 5 months, I noticed that nothing may seem to happen for a few weeks (according to the scale), but then it "suddenly" drops pretty dramatically. It may not go down in the same increments every week like I would prefer, but as long as we get there in the long run, who cares? It's all about the journey and learning to change your lifestyle to a healthier one. I certainly feel better!  
3142 days ago



**CD12911945**

Words that are worth repeating. Thanks.  
This advice goes hand in hand with the other wise words I have read on SP that say to pick your healthy path, press on a step at a time, disregard the occasional blip, and have confidence you will arrive.

Kate  
3142 days ago



**DMEYER4**

great blog and much to think about Thank you  
3142 days ago



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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.

