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Tuesday, November 06, 2012

The View from a Plateau

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.

Photos

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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Very good and motivational. 3142 days ago



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Very good and motivational. 3142 days ago



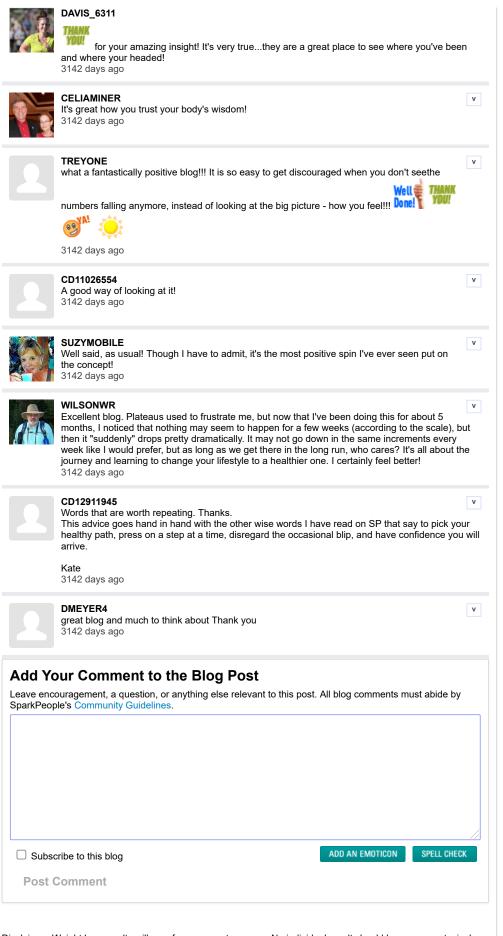
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Very insightful! I always love reading your blogs! I have not come to a plateau as of yet, I have a long ways to go so long as I don't give up, and I won't. but I know that the plateau will come and that I have so much more work to do when I get there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



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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.