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It's not a plateau, it's "mini-maintenance"

Thursday, September 04, 2014

Voted Featured Blog Post I know that plateaus are depressing to many people. There are plenty of blogs and articles written about the negative effect they have on our motivation.

Since plateaus never bothered me very much, I thought I would share my perspective.

Every individual journey to permanent, sustainable weight loss is unique. We know this. We take the expert advice applicable to the general population and adapt it to our own individual needs and circumstances. (I'm not doing jumping jacks no matter how much Jillian yells at me from her DVD).

We have to listen to our body and take the time to understand what it needs.

Sometimes it needs to rest and take time to adjust.

Sometimes it needs a change from what has always worked for us before.

My daughter was once upset that she had gained some weight. My advice was not to panic, but first concentrate on not gaining any more. Learn what your body needs to stay right where you are. Then proceed with food and exercise adjustments from there.

Our ultimate goal is to MAINTAIN a healthy weight so why not concentrate on what that takes to stay right where we are, right from the beginning.

Then each "plateau" we reach is just another stage of maintenance.

I think of it as being on a hike up a mountain. A plateau gives me a chance to look around, view my surroundings, appreciate where I am and decide the next "trail" to take.

Good luck to all sparkers as you seek and find the best path.

Note: One of the best places to learn about maintenance is the team At Goal and Maintaining + TRANSITION TO MAINTENANCE. I've emphasized the last part since sustaining our weight loss is everyone's ultimate goal - our ultimate PLATEAU.

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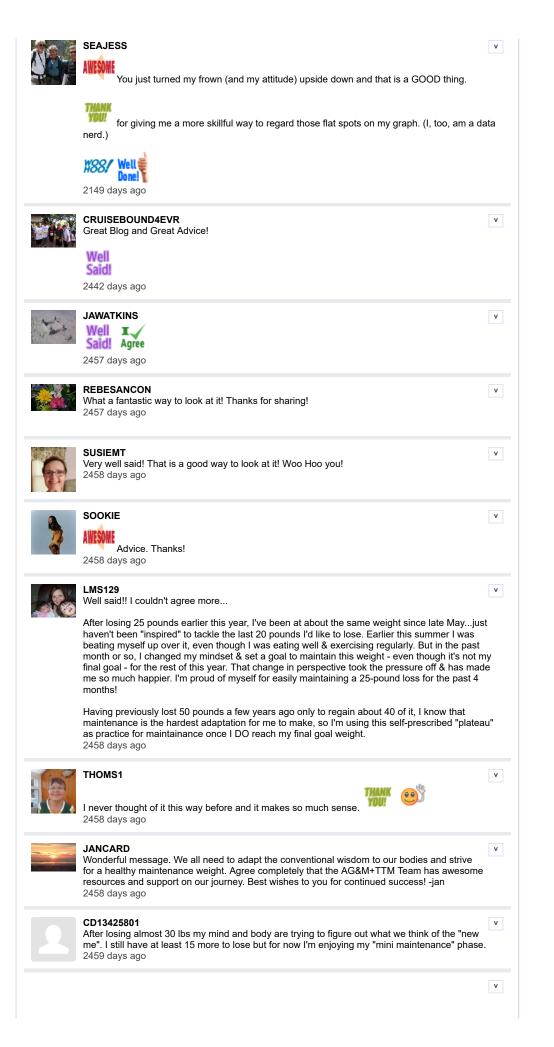
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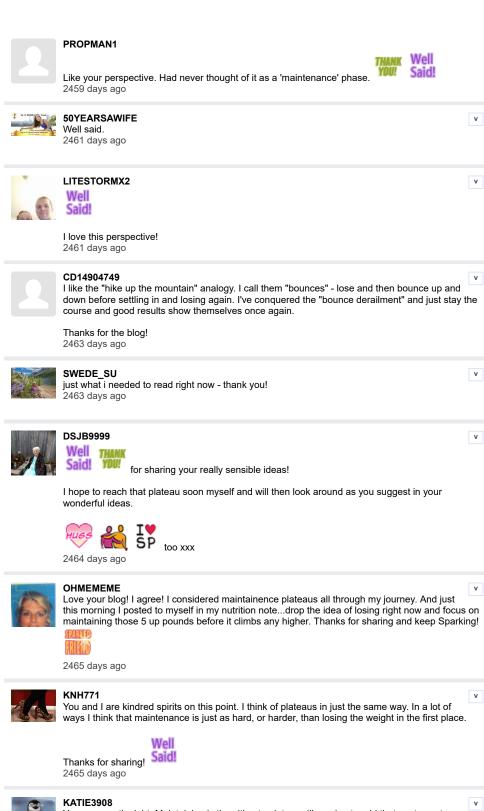
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You are exactly right. Maintaining is the ultimate plateau. (I'm going to add that sentence to my Goal Board Check In) That really puts it into perspective. Thanks for sharing.

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2465 days ago

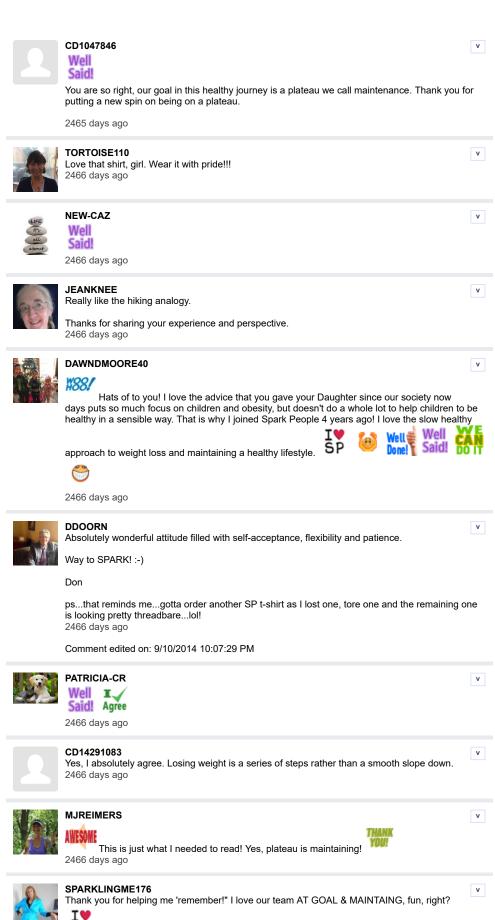


-SHOREIDO-

Great blog!! Upfront abd honest. A real home run on it!!!



Thanks for sharing!! 42465 days ago







2466 days ago



BESSHAILE Wow.

v

I've said this before ... but always as a sort of cynical joke. Reading your blog I realize that it's ABSOLUTELY the TRUTH!! Very eloquent - thank you. 2466 days ago SLENDERELLA61 ٧ Wonderful perspective. I totally agree! 2466 days ago LINDA ٧ Well I Said! Agree Wonderful words of wisdom! Love your new profile photo -looking fabulous!! 2466 days ago **CHERALA** Thank you for sharing "it" like "it" is... and providing a successful example to emulate! 2466 days ago HOLLYM48 ٧ Congrats on being the featured blog of the week! Great advice!!! Way to go! 2466 days ago **ADRIENALINE** ٧ I love this blog! Thanks! 2466 days ago DESERTJULZ ٧ Wise words! 2466 days ago **AMARILYNH** Awesome perspective!! I did a 'mini maintain' several times during my journey so I can vouch for its validity!! 2466 days ago DENNIS2014 ٧ A different view - I like it. 2466 days ago MEXGAL1 ٧ mini maintenance. I love it! 2466 days ago **SARAWALKS** Mini-maintenance but getting stronger! 2467 days ago **GINIEMIE** Love your perspective! Thanks for that, now I'll work at stopping the gain trend, then work at getting down again. That last plateau lasted four months-then the trip to Europe started the climb and I haven't regained control of my used to be good habits. Thanks for the good advice. 2471 days ago **PHEBESS** ٧ Thank you for this healthy and refreshing perspective! I plateau constantly - and yes, I keep telling myself that a plateau is better than gaining! 2472 days ago v

DANNY	MARYJEANSL Plateaus are good, great, in fact, when compared to weight gains. You have the right way to lat things. 2472 days ago	look
West	DOVESEYES Love your blog today mini maintenance that is great. Made me smile at all the groaning I do. It's all about perspective isn't it? 2472 days ago	V
	HOLLYM48 What an awesome blog and awesome advice! You are absolutely right! 2472 days ago	V
KEEP CALM WEITCOME	FORZACHANDMATT Love this blog and I like this way of looking at it 2472 days ago	٧
	WUMPASTAR Awesome blog! I totally agree with you. I stopped thinking of my 160-165 lbs weight as a plateau and more as a maintenance and what do you know, I feel very good with it.:) 2472 days ago	V
	TINAJANE76 I absolutely agree! Thanks so much for the shout out to the AG&M+TM team. 2472 days ago	V
	KANSASROSE67 Great perspective. I think you are 100% right. Well	V
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