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

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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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Member Comments About This Blog Post



SEAJESS

v



You just turned my frown (and my attitude) upside down and that is a GOOD thing.



for giving me a more skillful way to regard those flat spots on my graph. (I, too, am a data nerd.)



2149 days ago



CRUISEBOUND4EVR

Great Blog and Great Advice!

v



2442 days ago



JAWATKINS



2457 days ago

v



REBESANCON

What a fantastic way to look at it! Thanks for sharing!

2457 days ago

v



SUSIEMT

Very well said! That is a good way to look at it! Woo Hoo you!

2458 days ago

v



SOOKIE



Advice. Thanks!

2458 days ago

v



LMS129

Well said!! I couldn't agree more...

After losing 25 pounds earlier this year, I've been at about the same weight since late May...just haven't been "inspired" to tackle the last 20 pounds I'd like to lose. Earlier this summer I was beating myself up over it, even though I was eating well & exercising regularly. But in the past month or so, I changed my mindset & set a goal to maintain this weight - even though it's not my final goal - for the rest of this year. That change in perspective took the pressure off & has made me so much happier. I'm proud of myself for easily maintaining a 25-pound loss for the past 4 months!

Having previously lost 50 pounds a few years ago only to regain about 40 of it, I know that maintenance is the hardest adaptation for me to make, so I'm using this self-prescribed "plateau" as practice for maintenance once I DO reach my final goal weight.

2458 days ago

v



THOMS1



I never thought of it this way before and it makes so much sense.

2458 days ago

v



JANCARD

Wonderful message. We all need to adapt the conventional wisdom to our bodies and strive for a healthy maintenance weight. Agree completely that the AG&M+TTM Team has awesome resources and support on our journey. Best wishes to you for continued success! -jan

2458 days ago

v



CD13425801

After losing almost 30 lbs my mind and body are trying to figure out what we think of the "new me". I still have at least 15 more to lose but for now I'm enjoying my "mini maintenance" phase.

2459 days ago

v

v



PROPMAN1

Like your perspective. Had never thought of it as a 'maintenance' phase.
2459 days ago

THANK
YOU! Well
Said!



50YEARSWIFE

Well said.
2461 days ago

v



LITESTORMX2

Well
Said!

I love this perspective!
2461 days ago

v



CD14904749

I like the "hike up the mountain" analogy. I call them "bounces" - lose and then bounce up and down before settling in and losing again. I've conquered the "bounce derailment" and just stay the course and good results show themselves once again.

Thanks for the blog!
2463 days ago

v



SWEDE_SU

just what i needed to read right now - thank you!
2463 days ago

v



DSJB9999

Well
Said! THANK
YOU!

for sharing your really sensible ideas!

I hope to reach that plateau soon myself and will then look around as you suggest in your wonderful ideas.

HUGS  I  SP too xxx
2464 days ago

v



OHMEMEME

Love your blog! I agree! I considered maintenance plateaus all through my journey. And just this morning I posted to myself in my nutrition note...drop the idea of losing right now and focus on maintaining those 5 up pounds before it climbs any higher. Thanks for sharing and keep Sparking!

SPARK
FUEL

2465 days ago

v



KNH771

You and I are kindred spirits on this point. I think of plateaus in just the same way. In a lot of ways I think that maintenance is just as hard, or harder, than losing the weight in the first place.

Thanks for sharing!
2465 days ago

Well
Said!

v



KATIE3908

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.


2465 days ago

v



-SHOREIDO-

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

Thanks for sharing!! 
2465 days ago

v



CD1047846



Well Said!

You are so right, our goal in this healthy journey is a plateau we call maintenance. Thank you for putting a new spin on being on a plateau.

2465 days ago



TORTOISE110



Love that shirt, girl. Wear it with pride!!!

2466 days ago



NEW-CAZ



Well Said!

2466 days ago



JEANKNEE



Really like the hiking analogy.

Thanks for sharing your experience and perspective.

2466 days ago



DAWNDMOORE40



Hats of to you! I love the advice that you gave your Daughter since our society now days puts so much focus on children and obesity, but doesn't do a whole lot to help children to be healthy in a sensible way. That is why I joined Spark People 4 years ago! I love the slow healthy

approach to weight loss and maintaining a healthy lifestyle.



2466 days ago



DDOORN



Absolutely wonderful attitude filled with self-acceptance, flexibility and patience.

Way to SPARK! :-)

Don

ps...that reminds me...gotta order another SP t-shirt as I lost one, tore one and the remaining one is looking pretty threadbare...lol!

2466 days ago

Comment edited on: 9/10/2014 10:07:29 PM



PATRICIA-CR



Well Said! I Agree

2466 days ago



CD14291083



Yes, I absolutely agree. Losing weight is a series of steps rather than a smooth slope down.

2466 days ago



MJREIMERS



AWESOME

THANK YOU!

This is just what I needed to read! Yes, plateau is maintaining!

2466 days ago



SPARKLINGME176



Thank you for helping me 'remember!' I love our team AT GOAL & MAINTAINING, fun, right?



2466 days ago



BESSHAILE



Wow.

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
Wonderful perspective. I totally agree!
2466 days ago



_LINDA

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
Congrats on being the featured blog of the week! Great advice!!!
Way to go!
2466 days ago



ADRIENALINE
I love this blog! Thanks!
2466 days ago



DESERTJULZ
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
A different view - I like it.
2466 days ago



MEXGAL1
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
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





MARYJEANSL

Plateaus are good, great, in fact, when compared to weight gains. You have the right way to look at things.

2472 days ago

v



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



FORZACHANDMATT

Love this blog and I like this way of looking at it

2472 days ago

v



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
Said!

2472 days ago

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