

Exercise & Nutrition Strategies to Break Plateaus & Prevent Holiday Weight Gain

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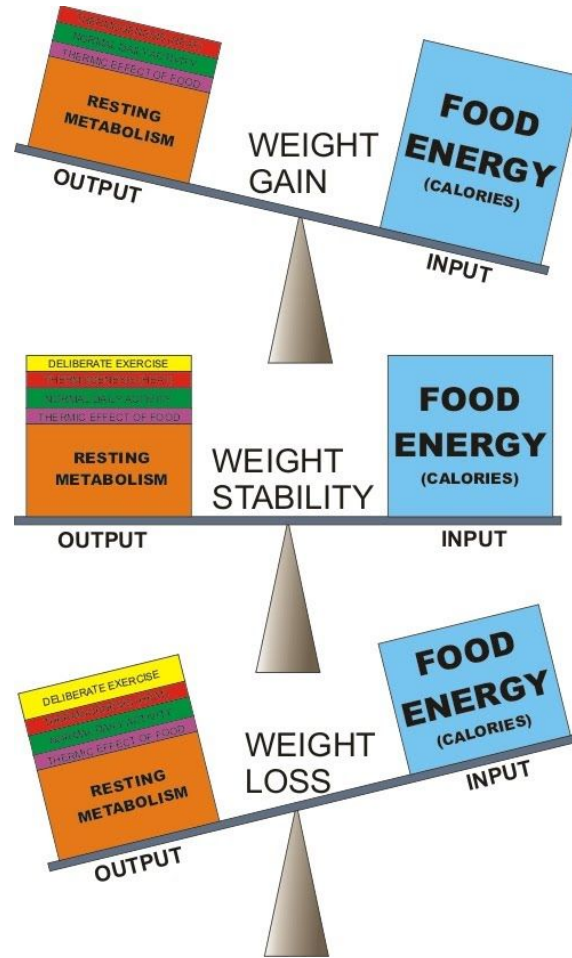


Definition of a Plateau

- Two+ consecutive weeks without measurable progress:
 - Weight
 - Inches
 - Body Composition
 - Clothing Fit/Size
 - Strength
 - Power
 - Performance



Physiology of Plateaus



Impact of Nutrition on Energy Balance

- Speed of Weight Loss
 - Faster weight loss induces metabolic adaptation
 - Faster weight loss leads to greater loss of LBM
 - Both lead to lower energy output and increase likelihood of a plateau
- Solution – Focus on Losing Slowly
 - Ideal rate: 0.5 to 1.0% of body weight per week



Case Study

- Scenario 1:
 - 0.5% weekly weight loss rate = 0.7 lbs per week
 - Daily Calorie Burn = 1,983
 - **Daily Calorie Budget = 1,633**
- Scenario 2
 - 1% weekly weight loss rate = 1.4 lbs per week
 - Daily Calorie Burn = 1,983
 - **Daily Calorie Budget = 1,283**

155 lb. female, 34 yrs, sedentary job, exercises 2-3 times a week. Wants to lose 15 lbs.



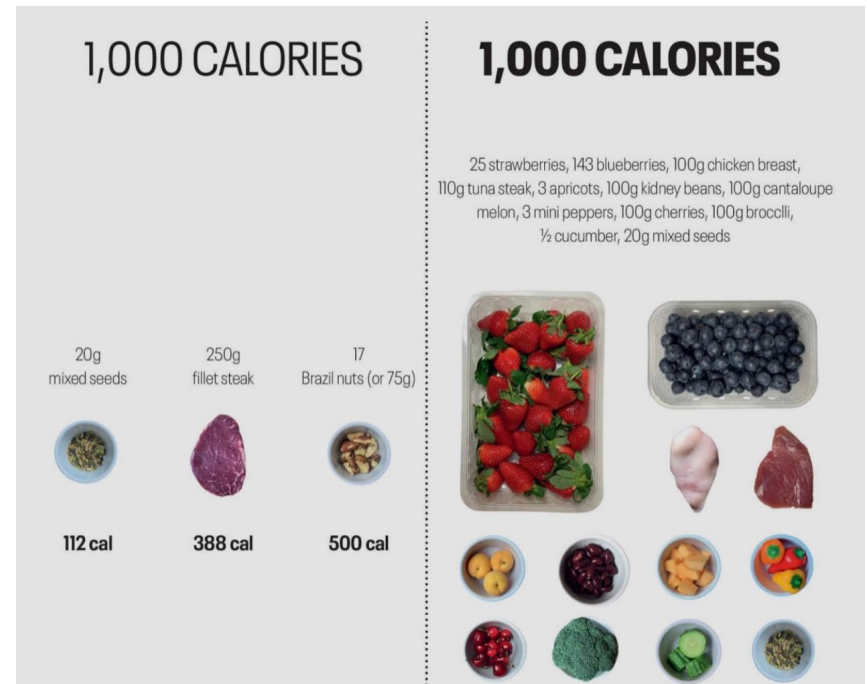
Impact of Nutrition on Energy Balance

- Thermic Effect of Food
 - Calories required for digestion and absorption
 - ~25-30% for protein
 - ~8-10% for carbs
 - ~1% for fat
- Solution:
 - Increase Protein to at least 0.75 grams per pound of body weight OR 1 gram per pound of lean body mass
 - Decrease fat and/or carbohydrate intake
 - Focus on minimally processed foods



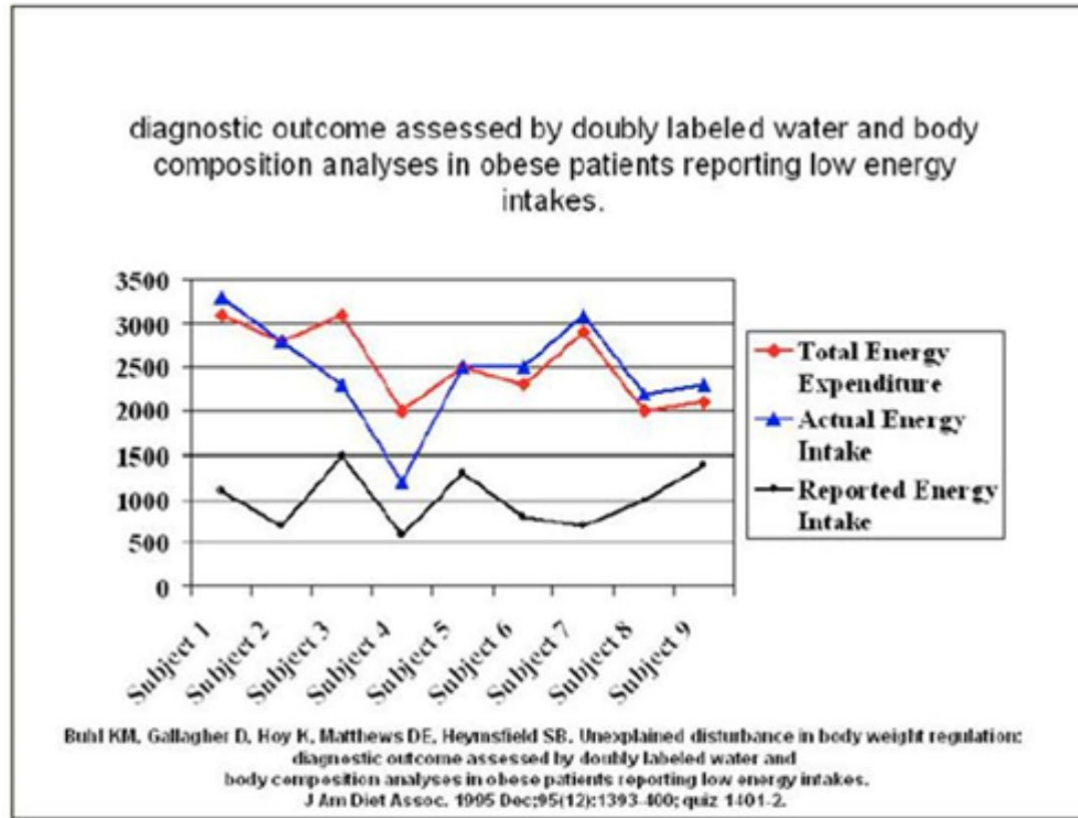
Smart Food Swaps

- Swap Energy Dense Foods for High Volume, Lower Calorie Foods
 - Peanut butter, cheese, oils, nuts, snack foods for lean protein, berries, veggies

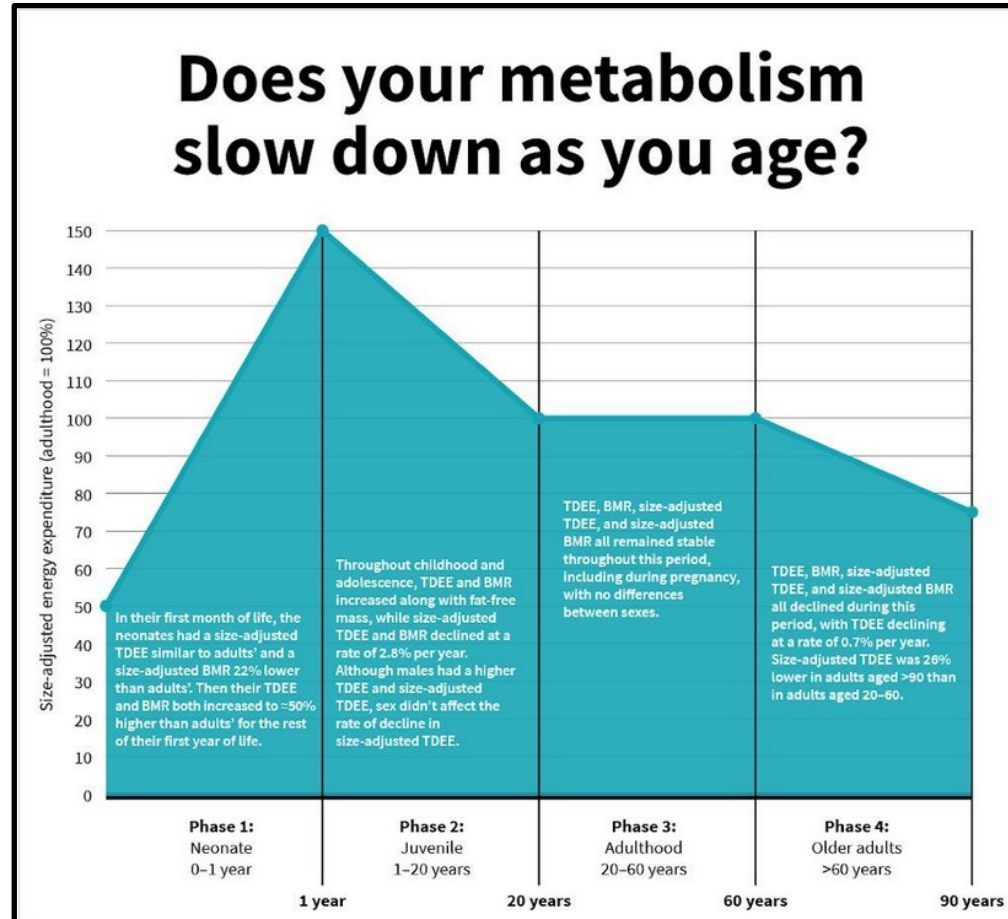


“Hidden” Cause of Plateaus

Figure 3: Underreporting in Overweight & Obese Subjects



Metabolism and Age



Solutions to Underreporting

- Weigh/measure foods with a food scale
- Pre-portion food
- Avoid buffets or family style meals
- Avoid eating directly from packages and containers
- Use protein-rich meal replacements for several days to control calories, re-establish the deficit and break the plateau



More Strategies

- Self monitor weight – daily is more effective than weekly
 - A weekly average captures daily fluctuations



More Strategies

- Use Weekend Refeeds NOT “Cheat Days”
 - Maintain a deficit during the week
 - Increase calories to maintenance on weekends
 - Satisfy cravings and hunger
 - Mental break from dieting

REFEED Group							Weekly Average
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Average
-35%	-35%	-35%	-35%	-35%	100%	100%	-25%

Strategies for Holiday Eating

- Don't show up hungry. Eat before attending a party or special event
 - Protein + fiber will help control hunger and prevent overeating
- Skip the high calorie apps. Choose lower calorie alternatives: shrimp cocktail, crudité with hummus, fruit
- Build a smart plate: Fill half with your favorite veggies, $\frac{1}{4}$ with protein and $\frac{1}{4}$ with carbs like stuffing or mashed potatoes

Strategies for Holiday Eating

- Don't rely on willpower. Plan your treats strategically – choose an item to indulge in, limit portion & cut into small slivers
- Ditch the guilt. Savor each bite – chew slowly and enjoy each bite
- Don't drink your calories OR choose low calorie spirits – wine or champagne spritzers
 - Have a glass of water in between



Strategies for Holiday Weight Gain

- Take a break from dieting during the holiday season
 - Increase calories to maintenance levels
 - Keep protein high and fiber rich foods
 - Monitor weight regularly
 - Increase daily movement - NEAT



Strategies for Holiday Weight Gain – Increase NEAT

Component of TDEE	Percent of TDEE	Example: 1600 kcal TDEE	Example: 2600 kcal TDEE	Example: 3600 kcal TDEE
Thermic effect of food (TEF)	8–15	128–240	208–390	288–540
Exercise activity thermogenesis (EAT)	15–30	240–480 ×	390–780	540–1080
Non-exercise activity thermogenesis (NEAT)	15–50	240–800 560 kcal	390–1300 910 kcal	540–1800 1260 kcal
Basal metabolic rate (BMR)	60–70	960–1120	1560–1820	2160–2520

Breaking Your Fitness or Performance Plateaus



Plateau Fixes

- Environment
- Tools
- Techniques
- Program Design
- Acute Variable Manipulation



Environment

- Different Venues
- Workout Partner



Tools

- Equipment
- Modality
 - Machines
 - Free Weights



Technique and Format

- Vertical vs. Horizontal Load
 - Metabolic



Program Design

- Adaptation Modulation
 - Stability
 - Strength
 - Power



Acute Variable Manipulation

- Sets
- Rep's
- Rest
- Tempo



Rest

- Back-Off
- Stability Training
- Corrective Days

Summary

- Skillpower and planning are better than denial and willpower
- Select strategies that you can implement
- Progress is non-linear + patience is key
- New scenery isn't bad (travel)
- Small tweaks can make a big difference
- Take a break: one step back can lead to two steps forward



Thank You

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