

SESSION 17: When Weight Loss Stalls



Session Focus

Taking action when your weight loss stalls can help you continue to lose weight or maintain your weight loss.

This session we will talk about:

- Why weight loss can stall
- How to start losing weight again

You will also make a new action plan!

Roxanne's Story

Roxanne is working on managing her weight. Her goal is to lose 22 pounds by eating well and being active.

During the first six weeks, Roxanne loses 12 pounds. That's an average of two pounds each week. But she loses just half a pound during week seven. And she doesn't lose any weight during week eight.

Before she lost weight, Roxanne weighed 168 pounds. She needed 1,750 calories a day to stay at the same weight.

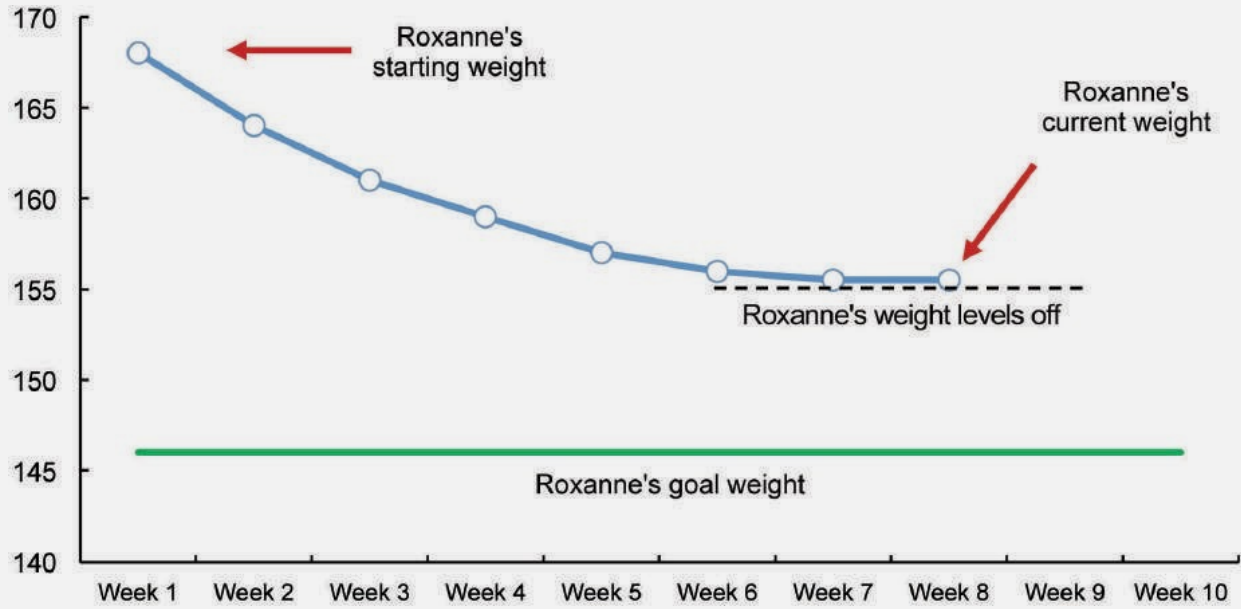
Now that Roxanne weighs 156 pounds, she needs just 1,650 calories a day to maintain

her weight. That means her daily calorie needs have dropped by 100 calories.

Since Roxanne's daily calorie needs have changed, she decides to set new eating and fitness goals. She makes small changes in her lifestyle to cut 100 calories each day.

These days, instead of drinking a 16-ounce coffee with whole milk with breakfast, she has a 12-ounce coffee with skim milk. Plus, she now uses resistance bands while she watches TV. This burns calories and builds muscle.

These small changes add up. Roxanne is now losing one to two pounds each week.



ROXANNE'S DAILY CALORIE NEEDS	
<p>Before Roxanne lost weight:</p> <p>Weight: 168 pounds</p> <p>Daily calorie needs: 1,750 calories</p>	<p>Now:</p> <p>Weight: 156 pounds</p> <p>Daily calorie needs: 1,650 calories</p>
<p>Change in daily calorie needs: -100</p>	

25 Snacks Under 100 Calories

1. 13 whole almonds
2. 1 small oatmeal cookie
3. 2 medium kiwis
4. 3 tablespoons hummus
5. ½ cup fat-free yogurt
6. 1 slice raisin bread
7. 1 medium apple
8. 1 orange
9. 1 cup strawberries
10. 1 stick low-fat string cheese
11. 8 baby carrots with one tablespoon dip
12. 1 cup blueberries with 2 tablespoons whipped topping
13. 1 block dark chocolate, or three squares
14. ½ frozen banana dipped in two squares melted dark chocolate
15. 1 cup oat cereal
16. ½ cup sunflower seeds
17. 20 pistachios
18. 1 small latte with skim milk
19. 6 cups microwave popcorn
20. 1 small nonfat blueberry smoothie
21. 1 cup tomato soup
22. 10 baked pita chips with ¼ cup salsa
23. ½ apple (sliced) with 1 teaspoon natural peanut butter
24. 1 small sliced avocado

Here are some ways to take in fewer calories.

Check off each idea you try.

Use less fat:

To keep food from sticking, use:

- Cooking sprays
- Nonstick cookware
- Water or stock

To replace butter and oil in baked goods, use:

- Ground-up veggies or fruit with no added sugar
- Nonfat plain yogurt
- Veggie or fruit juice with no added sugar

Replace fatty sauces with:

- Hot sauce
- Hummus
- Lemon juice
- Low-fat gravy
- Low-fat salad dressing
- Mustard
- Nonfat plain yogurt
- Salsa
- Vinegar

Replace sweet drinks with:

- Low-fat soy milk
- Smoothie made with nonfat plain yogurt, skim milk, and frozen fruit
- Sparkling water with a splash of 100% fruit juice
- Tea or coffee with no cream or sugar
- Veggie juice with no added sugar
- Water with lemon, lime, or mint

Control portion sizes:

- Don't skip meals.
- Measure food.
- Pay attention to serving sizes.
- Plan your snacks and meals.
- Start with non-starchy veggies or a broth-based soup.
- Use small plates.

Ways to Burn 100 Calories

Each of these activities burns at least 100 calories.
Check off each idea you try.

Household Chores

- Garden for 30 to 45 minutes.
- Rake leaves for 30 minutes.
- Shovel snow for 15 minutes.
- Wash and wax a car for 45 to 60 minutes.
- Wash windows or floors for 45 to 60 minutes.

Sports

- Bike 5 miles in 30 minutes (6 minutes/mile).
- Dance fast for 30 minutes.
- Do water aerobics for 30 minutes.
- Jump rope for 15 minutes.
- Play basketball for 15 to 20 minutes.
- Play touch football for 45 minutes.
- Play volleyball for 45 to 60 minutes.
- Push a stroller 1.5 miles in 30 minutes (20 minutes/mile).
- Run 1.5 miles in 15 minutes (10 minutes/mile).
- Shoot baskets for 30 minutes.
- Swim laps for 20 minutes.
- Walk 1.75 miles in 35 minutes (20 minutes/mile).
- Wheel self in wheelchair for 30 to 40 minutes.

Source: National Heart, Lung, and Blood Institute