

Weight Loss Plateau *By Kelly Jo Zellmann, Registered Dietitian*

What is a weight loss plateau and why does it happen?

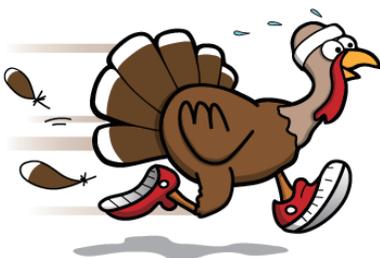
A weight loss plateau is common and happens to most people that are trying to lose weight. Plateaus can last up to several weeks. Why? Initial weight loss is typical when someone first starts a new routine of reducing calories. This is partly due to the body using its excess glycogen (stored energy in muscles and liver) for energy, which holds on to water. So, part of that initial quick weight loss is related to water loss. As you continue to lose weight, your body's metabolism (the process of burning calories for energy) slows as you lose body weight and you actually need fewer calories than you did at your heavier weight even doing the same activities.

What can you do to overcome this? Here are 5 tips to help overcome a weight loss plateau:

- Be Patient & Don't give up! Many people fall back into the previous habits and end up gaining weight back.
- Re-evaluate your eating. Keeping food records keeps you accountable and sometimes as people lose weight, they become more relaxed about eating and may be eating more calories than they think. Caution - it is not recommended to go below 1200 calories/day as this can actually slow your metabolism even more!
- Rev up your routine - changing up your workout routine and bumping up the intensity can help your body break through a plateau.
- Re-assess your weight loss goals. Are they realistic and achievable? Celebrate your success so far - continuing a healthy lifestyle is better than going backwards.
- Visualize success to keep you motivated - keeping a positive attitude will help keep moving you forward.



Upcoming Races in Bemidji



Turkey Trot 5K and 1 Mile Kids Run

Saturday, November 30th – 10:30am

Gillette Rec Center

Contact Craig Hougen to register: 218-755-2883 or chougen@bemidjistate.edu

The Holidays are Coming!

Keeping your Health in Check Throughout the Holiday Season. *By Wendy Potratz*

Halloween candy, Thanksgiving feasts, Christmas cookies What steps can you take to make sure these extra temptations do not interfere with your fitness plan?

Here are a few fun suggestions that may help you squeeze a little exercise into your holiday activities:

- 1.) Invite the family to go for a walk after dinner as opposed to snoozing on the couch.
 - 2.) Always take the stairs!
 - 3.) Park in the farthest spot in the shopping mall parking lot.
 - 4.) If watching football – challenge the family to do as many push-ups, sit-ups or jumping jacks as their favorite time has points. (i.e. the first time their team scores they do 7 push-ups, the second time 14 sit-ups...).
 - 5.) Offer to rake grandma's leaves or shovel her driveway
 - 6.) Do isometric exercises while playing a board game (i.e. contract your abs)
 - 7.) Do wall push-ups while waiting for the bathroom
 - 8.) Do triceps dips on your chair while waiting for uncle Bob to deal the cards.
 - 9.) Do calf raises while you whip up the mashed potatoes
 - 10.) Invite the family outside for a game of tug-o-war
- Exercise can be done anytime anywhere. Be creative and do your best to keep moving!



NEW CLASS: Ashtanga Yoga



InCharge Fitness Instructor, Dionne Daly has recently added Ashtanga Yoga to her line-up of Yoga classes. Ashtanga Yoga is a fast or moderately paced class in which one learns Ashtanga primary series style. Strength and flexibility will be developed throughout the 45 minutes class. Be prepared to sweat, breathe, and go with the flow! This practice will help cleanse, detoxify and strengthen the body. Dionne encourages beginners and also welcomes mature children to try the class.

Meet Dionne: *"I enjoy working out and staying fit. For the last 10 years I have been practicing yoga and became an instructor in 2005. My path of yoga has made me very strong and flexible. It has improved my health and well-being. I maintain my health using nutrition, yoga and other natural alternative methods. My everyday mantra is, "it's going to be a good day and to live life to the fullest". I can't wait to meet you in one of my classes! I have been trained in different styles of yoga including: Ashtanga, Iyengar, Restorative and Parayoga. I am also a Thai Bodywork Therapist who finds art, pottery, & music important parts of my life. I like spending time with my husband – canoeing and hiking! – or playing with my dog Scotty."*