

*Level Up:*  
**Quick Guide to  
Beating Plateaus**



*Cheat  
Sheet*

# WELCOME

Something happens to almost everyone working toward a fitness or health goal...

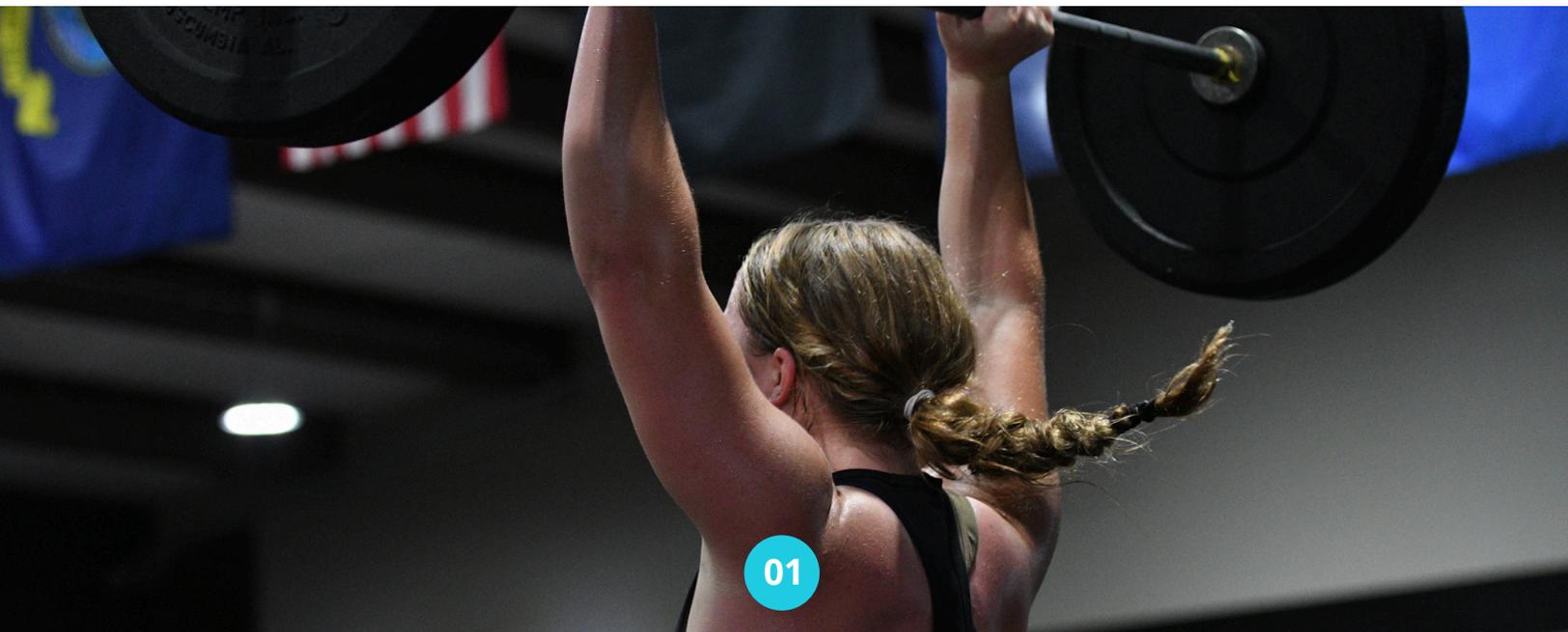
You're making great progress and then suddenly... *Nothing*

It's like your body waves a white flag and says, *"Sorry, but that's as far as you'll go with your current approach!"*

And that means it's time to make some changes.

Plateaus can be super frustrating. But they can also be a GREAT opportunity to try new things in your workouts, nutrition, and lifestyle.

It also gives you a chance to evaluate how far you've come, plus explore any new goals you want to work on!



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# Inside...

I'll explain the reasons why a plateau can happen, and then outline the top actions you can take to smash through them.

**We hope these tips help get you back on track toward your goals!**

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# Just a Few Happy Clients



## Adriane

"I told myself I was going to commit to a full month, and I was going to utilize as many classes as I could work into my schedule. Well, four years later, my knees feel better than when I was in high school. Stairs are no problem at all. My energy is at an all time high. I am able to fully squat, lunge and lift weights. (and no more meds!)"



## Duane

"Most of the problems I had with joint pain are gone. I have lost about twenty pounds, gained some muscle and my fitness level is a lot better now. I am happy to be on a fitness journey, I keep telling myself I am not here to lift the most weight, rx every workout, or do advanced gymnastics movements. I am here to feel better, move better, and to improve my quality of life."

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# What's a Plateau?

A fitness or weight loss plateau happens when you stop seeing progress, even though you're still following your workout routine and nutrition plan. It kind of feels like hitting a roadblock.

- The scale stops moving
- There's no progress with tape measurements or other measures, either
- You're not getting stronger, faster, or fitter
- It feels like you're spinning your wheels!

## Here's how it works:

- When you first follow a **strength training** plan, your body responds quickly, and you see results.
- After a while, your body adapts to what you're doing, which makes it harder to keep **gaining muscle**.

**The key is to switch things up or take a closer look at your routine to keep moving forward.**

# Why your progress may “stall”

## 1 You lost a bunch of water weight.

When you first start eating less and/or exercising more, your body taps into its glycogen stores to get the energy it needs.

Glycogen is partly made of water. When your body burns it for energy, the water gets released.

That can translate into quickly dropping a few to several pounds. This effect is just temporary and can make it seem like you're in a plateau when it stops.

## 2 Your metabolism has slowed down.

When you lose weight, up to 25% of the body tissue you lose can be from muscle!<sup>1</sup>

This affects your metabolism because muscle burns more calories even at rest than fat.

It's a small difference, but multiplied over time it can really add up. *(And it's just one reason why we always talk about why lifting weights and eating your protein is so important. More on that shortly!)*

Plus, smaller bodies burn less fuel (in the form of calories) than bigger bodies.

### 3 Your portion sizes have crept up.

Over time, it's pretty normal for even the most conscientious person to add a little extra to their snacks or meals, but those extra calories add up!

### 4 Hormones, stress, & more!

Your body is incredibly complex. Everything from stress to sleep can create hormonal shifts that affect how your body functions and how it processes the food you eat.

### 5 You're doing the same old workouts.

If your body has adapted to your workouts by becoming stronger and fitter, the workouts aren't as challenging as they used to be. It might be time to make some adjustments to keep the progress coming!





# **11 Ways to Bust Your Plateau**

# 1

## Is it Really a Plateau?



### Has your progress actually stalled?

Remember: Weight (and fat) loss/gaining muscle and strength isn't a linear process, which makes it hard to predict sometimes!

After the first quick loss mentioned earlier, it's healthy and normal to drop about 0.5 to 2 lbs a week... but there may be times when you go a few weeks without the scale dropping!



#### TIP:

**Use other metrics beyond the scale to measure your progress. Body measurements and progress photos can be a big help, and so can monitoring your workout performance.**

#### Here's another biggie:

If you're trying to lose those "last 5 pounds," it's not necessarily a weight-loss plateau. You might be at a weight that's healthy and natural for your body.

**Losing those pounds can take extra effort, as can keeping them off once you hit your goal.**

# 2

## Keep a Food Log

- ✓ You'll learn how many calories you are actually eating vs. how many you thought you were eating.
- ✓ You'll see a big picture of your food choices, and whether you are eating enough nutrient-dense foods (i.e., rich in vitamins and minerals vs. calories).

**You don't have to track your food forever. Even a few days worth of logging can give you valuable info on your nutrition and portion sizes.**



# 3

## Eat Enough Protein

- ✓ It boosts your body's metabolism more than either fat or carbs because it requires more energy to digest.
- ✓ Protein signals your body to release hormones that make you feel full.
- ✓ It protects your body from losing muscle mass as you lose weight.

If you're working out regularly, aim for up to 35% of your overall calories (or about 1 gram per pound of bodyweight) to come from protein.

**A qualified coach can help you develop strategies for adding protein to your meals in a way that works with your lifestyle.**

# 4

## Watch the Alcohol

Drinking has a bigger impact on your body (+ your results) than just the empty calories alcohol contains.

Alcohol lowers your inhibitions, which means you are more apt to 1) overeat or 2) eat foods you normally wouldn't.

PLUS, research suggests it affects your body's ability to burn fat, and there's also a link to more belly fat storage.

**The best bet for breaking a plateau: enjoy alcohol sparingly (if at all).**



# 5

## Stop Drinking Sugary Beverages

This is a big one, whether you're in a plateau or not. Drinking sugar-sweetened beverages (soda, energy drinks, coffeehouse drinks, etc.) is linked with weight gain, obesity, type 2 diabetes, kidney, liver, and heart disease; dental problems; and gout.

Beyond the health issues involved, the problem with sugary beverages is that your brain doesn't compensate for the calories they contain by making you eat less of other foods.<sup>2</sup>

**So, not only are you taking in those empty calories, you end up eating more overall.**



# 6

## Double-Check Your Activity Level

This matters because the daily activity you do outside of your workouts makes a huge contribution (as much as 30%!) toward your overall daily calorie burn.

A few examples: sitting vs. lying down, standing up vs. sitting, walking vs. parking close to the entrance, doing household tasks vs. watching TV for an hour.

Most people overestimate their activity level.

PLUS, almost everyone overestimates how many calories they burn when they're working out, and they subconsciously eat more afterward. (Seriously, if you've ever thought, "I deserve this brownie after my workout today," you know what I'm talking about. )



### Tip 1

Don't believe the readouts on cardio machines. They're usually wrong because factors like your fitness level, size, body composition, and age all play a role.



### Tip 2

Using an activity tracker (like a FitBit, Garmin, or Apple Watch) programmed with your personal stats (age, height, weight, etc.) can help you monitor your daily activity and motivate you to be more active.

# 7

## Change Up Your Workouts

If you've been doing the same kinds of workouts for a while, switch them up to keep your body guessing!

- ✓ Do longer workouts... or sprinkle in some shorter, more intense ones
- ✓ Different kinds of workouts... lift heavier, or try some circuit training
- ✓ Increase your workout frequency during the week

**AND... If you're not following a workout plan, it's time to start!**

This is where it can be especially helpful to work with a coach who can help you create a plan that challenges your body just enough without oversteering your body.



# 8

## Give Your Body a Break

If you've been in a calorie deficit (eating fewer calories than your body would normally need) for a long time (several months), your body might need a break to reset.

The goal is to MAINTAIN your results for a month or two, and then restart again when your body is rested.

### Here's a quick guide:

- ✓ Boost your calories to maintenance level
- ✓ Make sure you get enough sleep + rest
- ✓ Change your fitness goals to get stronger and put on a little muscle, which may mean doing less cardio (depending on your previous program)

Then, restart your plan. (TIP: Working with a coach can keep you motivated and on track!)



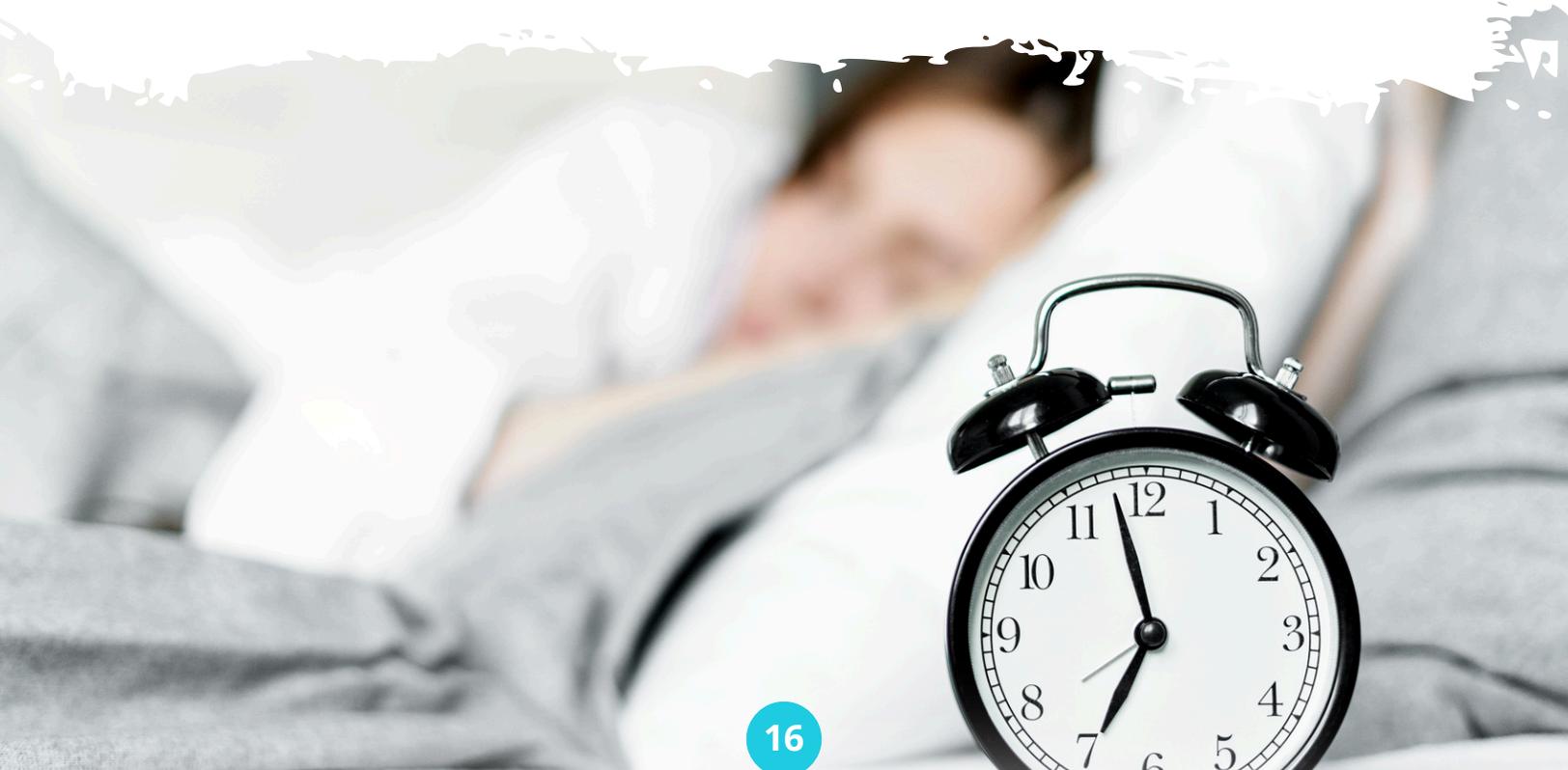
# 9

## Sleep More

If you're not sleeping enough, it can do a real number on your results.

- ✓ It can promote fat storage
- ✓ It can release hormones that make you feel hungry
- ✓ It lowers your metabolism

**Do your best to get 7 to 8 hours of quality sleep a night.**



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# Check Your Stress Levels

Manage your stress through your healthy habits like your workouts, personal development, or meditation—before it manages you!

In the short run, being stressed can trigger food cravings and make you want to eat for comfort. It also can disrupt your sleep.

But in the long run, stress also works on a deeper level, boosting your body's production of the hormone cortisol.

**When you have too much cortisol in your bloodstream for too long, it can make your body store belly fat (especially in women).**



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# Talk With Your Doctor

If your nutrition, activity level, workouts, and lifestyle all seem in order and you're still not seeing progress, check with your healthcare provider to see if you have an underlying condition affecting your results.



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# The Winning Combo for RESULTS...

Breaking a plateau is all about listening to your body... and taking excellent care of it by:

- Feeding it healthy foods
- Challenging it to get stronger
- Resting it when it needs downtime
- Caring for it to avoid stress

When all of those things are in balance, you can feel unstoppable! But getting there can feel like a juggling act.

The key to avoiding (or breaking!) a plateau is having a complete plan that works for you...one that not only balances your workouts, but also your nutrition, your habits, and everything in between.

Imagine if you had ALL the pieces of the puzzle—nutrition, exercise, sleep, stress management, working together in harmony...

You'd have a clear, actionable path to follow, making it so much easier to hit your **weight loss, gut health, and muscle building** goals AND maintain them.

That's exactly what

# CrossFit Beginners

## Program

is designed to help you with.

**Here's what you'll get when you join our 21 day program:**



### **A clear starting point**

No guessing what to do or where to begin. We guide you every step of the way.



### **Beginner-friendly CrossFit classes**

Workouts designed specifically for new athletes, so you can build confidence at your own pace.



### **Step-by-step skill sessions & Coaching with accountability**

We break down movements so you actually understand what you're doing (and feel good doing it). You're not doing this alone, our coaches are there to support, guide, and keep you on track.



### **A supportive community**

No intimidation, no pressure... just people who want to see you win.



### **Real progress in 21 days & Confidence walking into the gym**

Build strength, improve energy, and start creating habits that actually stick. By the end of the program, you won't feel like a beginner anymore.



Now it's your turn to get results like this!



[CLICK HERE TO BOOK A NO SWEAT INTRO](#)

We'll talk about your goals and how **CrossFit Bemidji** might help you reach them faster. Together, we'll figure out if it's the right fit, and if not, I'll make sure you walk away with clear next steps and a solid plan for moving forward.

I'm excited to help you take the next step, and I can't wait to see what we can accomplish together.

**I'm ready when you are!**

**Lynn B.**

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