

## Overcoming Plateaus: Let's Navigate This Journey Together!

I understand the frustration that can come with putting in so much effort without seeing the results you're working towards. Please know that you're not alone in feeling this way, so many of us come across this! We're in this journey together, and your doctor is here to provide the support and guidance you need!

Sometimes, even when we're committed to eating well and exercising regularly, we may not see the progress we're hoping for. It's like hitting a roadblock. I recently worked with two patients who felt this way, and their experiences highlight the common hurdles many of us face.

One of them noticed weight loss becoming more challenging during the transition to menopause. It felt like her body was working against her efforts. She felt defeated. We took a step back and viewed her journey as a learning experience. Consider any past attempts as important lessons – they teach us what works and what doesn't, whether it be supplements, hormonal support, exercise, or diet. Keeping a journal to track how you feel, sleep, eat, and exercise can be helpful. We crafted a routine that included strength training and alternating between high-intensity interval training (HIIT) three times a week and cardio twice a week. Consistency over the next 14 weeks with this regimen can often lead to positive results. The body tends to respond well to strength training in terms of weight loss and maintenance.

Another patient meticulously tracked their calorie, carb, and protein intake while maintaining a daily running routine of 3-5 miles. When progress stalled, we reevaluated their approach and exercise routine. Balancing cardio and strength training is crucial – aiming for 150-200 minutes of exercise weekly with split time between the two. This helps build and maintain our muscle mass as well. When we feel like we have done it all and still encounter hurdles, this can help us realign our goals and take on new approaches to the challenges we have faced.

If you find your exercise routine or eating habits need some adjustment, start by reevaluating your routine. This can look like:

- Tracking your intake for three days. After, review your daily calories, carbs, and protein with your doctor. This initial assessment is often followed by recommended adjustments. Remember, it's not about turning this into a daily chore, but rather using it as a tool to guide you towards smarter food choices. Using resources like [The Nutrition Source by Harvard](#) and [Jason Fung](#) are great!
- Consider reevaluating your current exercise routine: Try to incorporate strength training and alternate between high-intensity interval training (HIIT) three times a week and low-intensity steady-state cardio twice a week. If you need to gradually work your way up to this, take a look at our [goal-setting document](#) to provide you with additional support.

Be open to making modifications along the way – it's a sign of progress. Stay focused on your goals, and remember, your PlushCare team is here to support you every step of the way.

You're doing incredible work! Keep pushing forward!