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Have you plateaued on your weight loss?

Every now and then, some of our clients share their frustrations for not making progress after enjoying amazing results.

I stopped losing weight; what's wrong with me?

I did everything you told me to do; is it my metabolism?

A gym unlike no other

I have been working out at Bench Gym for the last four years. Before starting training, I had never really worked out with weights before, and was very intimidated. The trainers at Bench have really helped me become more confident in my ability to work out regularly, and pushed me to discover strength I did not know I had. These guys are really creative. Four years later, they still surprise me with new exercises that I have never done. What sets Bench Gym apart from others is the friendly atmosphere that Jon and the other trainers work hard to create for the clients.



You not only get great trainers who are professional, passionate and really care about their clients, but you also have a support system – friendly faces that encourage you and keep you coming back. Jon is dedicated and thoughtful in creating a special ambiance, from the fun themed decorations, to posting informative fitness articles in front of the cardio machines and in the locker rooms for clients to read.

I've also appreciated that Bench trainers are really flexible and accommodating with slating sessions around my busy schedule. I can often call at the last minute and Jon will find a way to squeeze me in.

And the trainers are always open and easy to talk to if you have concerns about a particular exercise. I have lower back issues, and they always listen and adapt exercises to prevent injuries.

In addition to training sessions, Bench offers a great spinning class and an abs class! Looking back over the last four years, I am so thankful to have found Bench Gym, where I have made fantastic new friends, and found the confidence to work out on a regular basis.

— Corinne Damiamian

Or: Am I hitting a plateau or is the scale malfunctioning?

After crossing out the checklist, some of them not mentioned their "extracurricular" activities such as an extra drinks over the weekend, or eating unhealthy food on the side, or giving in to watching TV rather than doing some physical activity.

Plateaus are not a bad thing, since you have to make progress to hit a plateau. It may be tempting to blame your metabolism for weight gain. But according to new research, the scale's lack of movement has less to do with your body composition and more to do with slipping into old eating and exercise habits. "It would take the body three years to reach a metabolic plateau," says Kevin D. Hall of the National Institute of Diabetes and Digestive and Kidney Diseases. "If you stick to a diet exactly, you should expect your weight loss to continue for years, albeit not at the same rate."

It is easier to blame a waning metabolism or training program than a lack of willpower. When people are seeing a plateau, their habits are practically back to where they started – putting back on weight they lost. And the worst part is that they still report they're actually dieting. Right, guys?

Like success, dieting is 90 percent mental and only 10 percent physical. Try to revisit your goals each week. Make a to-do list of activities that work to help you achieve your goal and become more mindful of your behavior. It just feels so rewarding to be able to cross something off a list.

If you're healthy, another diet trick is "calorie cycling" which is alternating high and low calorie days. Although you may feel hungry on your low-intake day (no fewer than 1,200 calories a day), you'll always have a higher-intake day to look forward to. That should help keep your brain from panicking and your willpower from losing. In fact, you could even try alternating higher and lower intake days without reducing the total number of calories for the week.

Although your metabolism influences your body's basic energy needs, it's your food and beverage intake and your physical activity that ultimately determine how much you weigh. More often than not, we're going to backpedal, sometimes unconsciously, and undo some of our dieting success. Accept that you're going to have a few slip-ups, but be honest about where those pitfalls lie.

While you don't have much control over the speed of your metabolism, you can control how many calories you burn through your level of physical activity. The more active you are, the more calories you burn.