Reasons Why Weight Loss Stalls

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- You're not meeting your eating and fitness goals.
- You've lost weight or muscle mass and your calorie needs have changed.
- You've reached your body's set-point weight.

Solutions for Getting Weight Loss Back On Track
- Reassess your calorie needs if you have lost weight.
- Start tracking again if you've stopped.
- Get out your measuring cups, spoons, and kitchen scale to assess your tracking accuracy.
- Start or increase a resistance training routine.
- Adjust the intensity of your workout.
- Make sure you are aiming for 7-9 hours of sleep per night.
- Focus on fiber. Replacing processed foods with those rich in fiber (like whole grains, fruits, vegetables, and legumes) can help you reduce your calorie intake while staying full.

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What About "Set Point Weight" Theory?
- The set point weight is a weight (or weight range) that the body tries to protect. Set point weight theory explains why it can be so hard to lose weight past a certain point.
- Human bodies evolved to protect against starvation. If a person loses weight and falls below their body's set point weight range, their body will likely respond by making them feel hungry, encouraging them to seek food, and slowing down their metabolism.
- Everyone has a different set point weight, and it may increase over time, depending on age, life stage, medications, heath status, environment and lifestyle.
- At some point, you may find that you cannot lose any more weight despite your best efforts. At this point, you and your healthcare provider may decide it's best for your health to focus your efforts on other measures of health besides weight.

Personal Best Weight
- Rather than trying to maintain a weight that is below one's set point, some health experts suggest that each person seek to achieve their own 'personal best weight' — the weight they can comfortably maintain while living a healthy lifestyle and still enjoying their life.

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