

## Stuck at a Plateau? Try These 5 Levers

Plateaus aren't mysterious. They're feedback. Something stopped progressing — intake, output, or recovery.

### 1. Re-Audit Your Calories (No Guessing)

Download an app like MyFitnessPal.

Log *everything* you eat for 3 days — no corrections, no “cheat math.”

*What happens:* You'll finally see the real number you're eating, not the one you assume.

### 2. Push Protein Higher

Move from “kind of enough” to 1.8–2.2 g per kg of bodyweight.

*Why it works:* Protein increases satiety, protects muscle, and raises the cost of fat loss stalls.

### 3. Force Progressive Overload

If your workouts look the same every week, your results will too.

Add weight, add reps, add sets, or increase intensity.

*Why it works:* The body only adapts when it's challenged beyond last week.

### 4. Adjust Cardio Without Overdoing It

Pick one:

– Add **20 minutes of incline walking**, 3× per week

OR

– Increase daily steps by **~2,000**

*Why it works:* Small, sustainable increases beat random HIIT bursts that burn you out.



## **5. Fix Recovery Before Doing More**

Poor sleep and high stress can stall fat loss even in a calorie deficit. Aim for 7–8 hours of quality sleep, manage work stress, and plan a deload week if fatigue is high.

*Why it works:* Fat loss happens in recovery, not during workouts.

### **Bottom line:**

**When progress stops, don't panic.**

**Audit → adjust → apply pressure → recover.**

**Plateaus break when systems get tighter, not louder.**