



If You've Hit a Plateau, Try These 5 Things

1. Audit Your Calories Again

- Download an app like My Fitness Pal
 - Enter your food for 3 days
 - You will now have an idea of the calories you are eating!
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2. Increase Protein Intake

- Go from “low” to **high protein** (1.8–2.2 g/kg). Protein helps break plateaus by boosting satiety and preserving muscle mass.

3. Add Progressive Overload

- If your workouts are the same week after week, your body adapts. Increase weights, sets, or intensity to push through.
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4. Change Your Cardio Strategy

- Increase Incline walking by 20 minutes 3times/week
 - ‘OR” Increase steps by 2000
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5. Prioritize Recovery

- Stress and poor sleep stall fat loss.
 - Aim for 7–8 hrs quality sleep, manage work stress, and schedule a deload week if needed.
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