

# Beat That Diet Slump

*Plateaus happen—here's how to blow right past yours and dump the last few pounds.*

By Ingela Ratledge

**IT'S THE POINT** every dieter fears: when, no matter how hard you work, you can't get the needle on the scale to budge. But don't throw in the gym towel! Our Dream Team is here to help you—and our Feel Great Weight women, who've followed the plan for five months and lost a total 65 pounds so far. Here's why you may be hitting a weight-loss wall, and how to bust through it and regain momentum!

## Alanna Campbell | 28

Associate producer-director for sports television

Height: 6' 0" Goal weight: 170 lbs

|           | STARTING | CURRENT   | LOSS TO DATE |
|-----------|----------|-----------|--------------|
| Weight:   | 190 lbs  | 174.5 lbs | 15.5 lbs     |
| Waist:    | 32"      | 28.5"     | 3.5"         |
| Hips:     | 43"      | 40"       | 3"           |
| Body Fat: | 30.5%    | 23.5%     | 7%           |



Before



Now

**Plateau challenge:** You're doing so well, so you want to treat yourself

**The fix:** "I call it the 'getting cocky' syndrome," Marissa Lippert, RD, says. "You feel, 'I've reached this point, so now I can have an extra handful of chips or a couple more drinks per week.'" But little by little, those calories rack up. The moment you find yourself slipping into splurge mode, stop and take inventory. Check to see if the fridge is stocked with the right things, and reread your food journal to see if any bad habits have cropped up. "Just these two moves can help you get back on track," Lippert says.

**"I start with one cookie—then it turns into eight!"**

## Fatou Kine Dieye | 33

Architect and director of graduate-student affairs at Columbia University

Height: 5' 10¼" Goal weight: 165 lbs

|           | STARTING | CURRENT | LOSS TO DATE |
|-----------|----------|---------|--------------|
| Weight:   | 223 lbs  | 195 lbs | 28 lbs       |
| Waist:    | 35"      | 31"     | 4"           |
| Hips:     | 49"      | 45"     | 4"           |
| Body Fat: | 36%      | 25%     | 11%          |



Before



Now

**Plateau challenge:** Your weight loss is stalled

**The fix:** This is your body's way of telling you that you need to shrink your daily calorie count (and up your exercise) even more. "If you're lighter than you used to be, your stomach has gotten smaller and your body has become more efficient, so you don't need as much food," Lippert says. The good news is this means that all of your hard work is paying off. The bad part? You now have to downsize calories to continue to see weight loss. To keep on losing, Lippert suggests, "try shaving 50 to 100 calories off your daily allowance or decreasing your portion sizes by about 10 to 15 percent."

(More on page 48)

**"Suddenly the scale seems stuck. What gives?"**



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## Feel Great Weight

Deanna Verbouwens | 39

Full-time mom

Height: 5' 3" Goal weight: 145 lbs

**Plateau challenge:**  
You no longer see the payoff from your workouts

**The fix:** Mix it up. "To keep seeing results, you have to continuously push your body to work harder than it has been," trainer Johanna Subotovsky explains. That's because your body gets used to a particular workout and becomes more efficient at doing it ... which leads to fewer calories burned. "Every couple of weeks, change up the exercise you're doing: try a different cardio machine or workout class, ramp up the number of reps, make sure you're still using a challenging weight." An easy way to know you're pushing yourself hard enough: on a scale of 1 to 10, always aim for an exertion level of 7 or 8. That way you'll get a better workout—and it'll show.



"I'm gonna fight like hell to keep up my momentum!"

|           | STARTING | CURRENT   | LOSS TO DATE |
|-----------|----------|-----------|--------------|
| Weight:   | 190 lbs  | 168.5 lbs | 21.5 lbs     |
| Waist:    | 42"      | 37.5"     | 4.5"         |
| Hips:     | 48"      | 45"       | 3"           |
| Body Fat: | 33%      | 25.5%     | 7.5%         |

TRANSFORM YOUR BODY! Visit [Health.com/fgw](http://Health.com/fgw) for great new moves, plus read blogs from our Feel Great Weight candidates and connect with other women following the FGW program.

## Thanks to our Dream Team!

- > **Marissa Lippert, MS, RD**, is a registered dietician in New York City and author of the new book *The Cheater's Diet*.
- > **Johanna Subotovsky** is an exercise physiologist and manager of campus recruiting for Equinox.
- > **Judith S. Beck, PhD**, is the director of the Beck Institute for Cognitive Therapy and Research, and author of *The Beck Diet Solution*.
- > **Paul Petzy** is a New York City-based stylist who's worked with celebs like Gisele Bündchen, Michelle Pfeiffer, and Shania Twain.
- > **Vanessa Trost** is a successful alumna from our 2008 Feel Great Weight program; she lost 45 pounds and has kept it off for more than a year!

We'd also like to thank Equinox Fitness trainers *Jessica Mistretta, Nichole Rahim, and Dianna Scotece* for helping with this program.