

Despite trying, I have not lost weight in over a month. What can I do?

August 1, 2016



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You have hit a plateau, which can be frustrating, but with continued commitment you can get to the next level.

The biggest mistake people make is quitting because they are no longer seeing the result they want.

Seeing that result can best be achieved by remembering F.I.T. — Increasing the Frequency (How often you work out), Intensity (How hard you work out) or Time (How long you work out) will help you break through the plateau.

Evaluate your schedule and see where you can realistically apply one or all of these increases. It can also help to change your routine. Your body adapts to the demand placed on it so change it up. If you usually walk, try the elliptical machine, etc.

Remember, this is a lifestyle so it should be a schedule you can maintain long-term.
