

Plateaus Session

Questionnaire

1. With calorie reduction, muscle glycogen is used for energy; glycogen holds on to_
2. What is the macronutrient that assists with preserving muscle mass in the presence of weight loss?
3. List 3 examples of health factors that contribute to a plateau (other than food choices).
4. A plateau may indicate you have lost all the weight you are going to lose with your current lifestyle. What is 1 thing to consider?
5. What is the LAST RESORT step? (Circle one) Is it increasing NEAT or is it decreasing calories?
6. What is the lowest level of calories you could consume (without nutrition supervision)?
7. Name one "excuse" and one potential solution for the excuse.
8. What is one way to practice a positive body image?