

# ***FITNESS PLATEAUS***

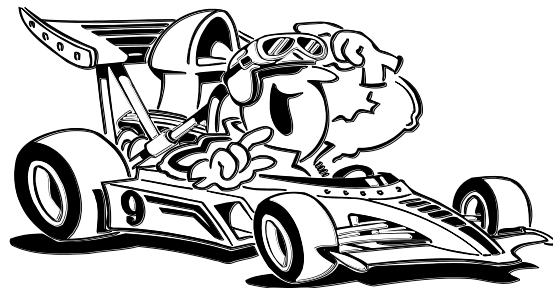


## **WHAT CAUSES THEM AND HOW TO OVERCOME THEM?**

Ever wonder if your diet and/or exercise program could be working better than it is? Maybe you should be eating fewer calories or less fat. Maybe you should be exercising longer and/or harder. Or maybe, there is a new supplement or product on the market that will yield the exact results you are looking for; now if you could just find it.

If you've ever hit a fitness plateau, or think you have, there's no need to worry. You're not alone. In fact, if you ask anyone who has been exercising for any length of time, they will tell you that fitness plateaus are frequent and are perhaps the single most reason why people turn to a "quick-fix" mind-set or just abandon their efforts altogether. Nevertheless, it is important to understand the difference between a "true" fitness plateau and the body's intermittent biological progressions and adaptations.

Look at it this way, the human body is very much like an automobile. If you want to increase its power and efficiency, you need to modify the engine. This could include increasing the size of the engine and its fuel burning capabilities, which would be analogous to increasing your lean muscle tissue and the fat burning enzymes contained within.



Consistent levels of energy, strength and concentration as well as a lack of sugar and food cravings are a direct indication that your blood sugar is staying within the normal range. As a result, your body is in a state of optimal muscle toning and fat burning. If on the other hand, you find yourself skipping breakfast, snacking late in the evening, craving sugary foods and/or feeling tired and lethargic before, during and/or after exercise, your blood sugar is most likely out of the normal range. Under these conditions, your body is being programmed to store fat while using various protein structures of the body as an energy source to fuel the brain and nervous system. To achieve and maintain optimal levels of energy, strength and concentration throughout the day while eliminating food and sugar cravings, you need to acknowledge and apply the following elements of fitness, as they relate to your individual metabolic characteristics (e.g. desired goal, current body composition, age, etc...) and desired health & fitness goals.

These include;

- \*Proper Food Choices
- \*Proper Meal Intervals/Timing of Meals
- \*Proper Calorie Intake Per Meal
- \*Proper Nutrient Ratios (*protein, carbohydrates & fats*) Per Meal
- \*Proper Cardiovascular Exercise Duration
- \*Proper Cardiovascular Exercise Intensity
- \*Proper Weight Training Applications (*biomechanics, full range contractions & anatomical focus points*)

Once these elements are determined (*for your individual needs*) and applied, your blood sugar level will return to normal and you will immediately begin to experience optimal levels of energy, strength and concentration. You will also experience a reduced craving for sugar and refined foods.

**As your body continues to achieve higher levels of fitness and conditioning however, it will inevitably go through transitions where it is literally “*under construction*”. This period of slow and/or perceived non-existent change in your outward physical appearance may be viewed as a fitness plateau, when in reality your body may simply be building additional INTRA-cellular machinery required to achieve the next desired level of fitness. Once your body has fully developed all of the necessary “*metabolic machinery*”, you will once again experience a significant and favorable change in your body composition and/or level of performance.**

Even if your primary fitness objective is to increase strength and lean body mass, you need to understand how to eat and exercise optimally in order to convert body fat into a primary and accessible fuel source to your muscles (*24 hours per day*). This in itself will help you to build muscle more efficiently, because your body will be more likely to spare glucose and amino acids (*which are ultimately used to build and maintain muscle tissue*), especially during long hard workouts.

In summary, as your body’s level of condition continues to improve, your body’s INTRAcellular components must also continue to develop and improve. These INTRAcellular improvements require compliance to optimal nutrition and exercise for several weeks and/or months depending on your body’s responsiveness and/or beginning level of fitness. Remember, a period of slowed physical improvement should not be viewed as a fitness plateau.