

Scale Stuck? Five Ways to Start Losing Again

Though it's frustrating when weight loss stalls, the best thing to do is stay calm. Then form a plan of attack. Here's a little insight into some of the most common causes of plateaus—and what you can do to help restart weight loss.

If your weight has stayed the same for a few weeks or more, even though you've been sticking with your fitness program and eating right, you may have hit what's called a plateau. This speed bump on the road to a slimmer you can be upsetting, disappointing, and, most of all, frustrating. What's been helping you lose weight up until now doesn't seem to work anymore! What should you do? First, don't panic. You can get through this. Here are five tips to get that scale moving again.



Find your Green Zone.

If your weight loss has stalled, it could be time for an adjustment. Check in with your doctor, who can change the amount of fluid in your LAP-BAND[®] System to make it just the right size. The goal is to find your Green Zone, where you'll be able to lose weight steadily and feel satisfied with the food you eat. Other signs you may need an adjustment: You're hungry between meals, it's hard to feel full, or eating causes discomfort.

Move a little more.

Been getting the recommended 30 to 45 minutes of exercise three to five days a week? (You can track it online with the LAP-BAND[®] activity tracker!) If you have, you may be on a plateau because your body has adjusted to your new activity level and isn't burning as many calories as it used to. To ramp things up, try exercising a little longer or a little harder, or try a workout that will challenge your body in a new way. (Just check with your doctor before making any big changes.) Also, look for ways to add more activity to your day. Even something as simple as taking the stairs instead of the elevator can make a difference.

Write down each bite.

Perhaps you're eating more than you realize and that's why you've stopped losing. To find out, keep track of everything you put into your mouth, and share your results with your doctor or dietitian. Need another reason to write things down? Research has shown that people who keep a food log lose more weight than those who don't.¹ And it's simple to stay on top of food with the LAP-BAND[®] food tracker.

Think before you drink.

Could some high-calorie beverages be sneaking their way into your diet and throwing you off course? Keeping a food diary can help you unlock this mystery, too. When striving to get your six to eight glasses of water a day, remember to stick with no- or low-calorie choices, such as water, coffee, tea, and noncarbonated diet drinks.

Find a cheerleader.

Sometimes getting off a weight-loss plateau requires just a little patience. To stay motivated, connect with people who've already been there by joining a LAP-BAND® System support group. You can also get professional advice, including one-on-one coaching sessions, through My LAP-BAND® TLC, an online weight-control program created by the health experts at Lindora®. As a LAP-BAND® System patient, you can access it free for 10 weeks.

Reference:

¹Hollis, J.F., Gullion, C.M., Stevens, V.J., Brantley, P.J., Appel, L.J., Ard, J.D., Champagne, C.M., Dalcin, A., Erlinger, T.P., Funk, K., Laferriere, D., Lin, P.H., Loria, C.M., Samuel-Hodge, C., Vollmer, W.M., and Svetkey, L.P., "Weight Loss During the Intensive Intervention Phase of the Weight-Loss Maintenance Trial," American Journal of Preventive Medicine 35, no. 2 (August 2008): 118–26.

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Important LAP-BAND® Safety Information

Indications: The LAP-BAND® System is indicated for weight reduction for patients with obesity, with a Body Mass Index (BMI) of at least 40 kg/m² or a BMI of at least 30 kg/m² with one or more obesity related comorbid conditions.

It is indicated for use in adult patients who have failed more conservative weight reduction alternatives, such as supervised diet, exercise and behavior modification programs. Patients who elect to have this surgery must make the commitment to accept significant changes in their eating habits for the rest of their lives.

Contraindications: The LAP-BAND® System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis) who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions or who currently are or may be pregnant.

Warnings: The LAP-BAND® System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition, may require deflation of their bands. Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

Adverse Events: Placement of the LAP-BAND® System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure and the patient's ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection or



nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

Important: For full safety information, please visit www.Lapband.com, talk with your doctor or call Allergan Product Support at 1-800-624-4261.

CAUTION: Rx only.