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It's not a plateau, it's "mini-maintenance"

Friday, May 26, 2017



Plateaus are depressing to many people. There are plenty of blogs and articles written about the negative effect they have on our motivation.

What if I think about it geographically?

Standing on a plateau gives me a chance to see where I've been and where I'm going. I can look around, take in the scenery and focus on other things for a bit.



Maybe there's something here that I haven't noticed before, like some inches lost, or stronger abs, or less jiggle in my arms. Maybe the jeans are going on easier or that image in the mirror looks surprisingly good or I just completed my first 5k.

After a rest period on the plateau, I'm ready to continue my journey to my final destination. I trust that my body knows when it's time to move on as long as I've been honestly taking care of it and I haven't been unrealistic about the distance or speed I'm trying to achieve

Our ultimate goal is to MAINTAIN a healthy weight so why not concentrate on what that takes to stay right where we are, right from the beginning.

Then each "plateau" we reach is just another stage of maintenance.

Good luck to all sparkers as you seek and find the best path.

Note: One of the best places to learn about maintenance is the team At Goal & Maintaining + TRANSITION TO MAINTENANCE. I've emphasized the last part since sustaining our weight loss is everyone's ultimate goal - our ultimate PLATEAU.

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WWBULBS

Thanks for the positive way of looking at things.
1164 days ago



REJ777

What a positive and productive way to see plateaus. I find maintenance to be even more challenging than losing, so it's good to have mini-maintenances to practice with.
1244 days ago



SLIMHEALTHIERME

Thank you for the insight to plateaus. You are right. If only our bodies didn't take so long to enjoy the scenery and keep hiking! lol Have a great day and stay blessed. Hugs, Tanya
1323 days ago



BOREDA

I have found maintenance so difficult: losing was relatively easy, but in so-called maintenance I constantly gain...
1347 days ago



LOVEDABUNCH2

I love the title: It's not a plateau, it's "mini-maintenance" I have a friend who decided to have a mini-maintenance over the summer, and I thought that was brilliant. I like the image that it gives you a chance to breath, and take stock. Also, I like that the body is going to determine when to continue the journey.

thanks for sharing.
1408 days ago



SIZE8NOTSOMUCH

I LIKE IT!
1415 days ago



KITTYHAWK1949

thanks for sharing
1420 days ago



CANDOIT54

Well Said!

1424 days ago



AMBER461

Great blog, thanks for sharing.
1441 days ago



BLUETIFFANYS

AWESOME I LOVE SP
1455 days ago



MARGIEB221

Well Said! KEEP SPARKING! KEEP IT UP! I LIKE IT!
1457 days ago



JERICO1991

Looking forward to reaching maintenance.
1458 days ago





INCH_BY_INCH



Well Said!

Yes, with this perception it helps take some of the frustration away to a place of

understanding. "mini maintenance"
1459 days ago



MARYM1962



good perspective
1464 days ago



QUAIL75



YOU CAN DO IT!

1464 days ago



MANDIETERRIER1



That's a good way to think about it
1468 days ago



MISSDORKNESS



Good topic and good perspective.
I'm currently doing that.

I dropped 7lbs in less than 10 days at the beginning of this month, due to stress. I am SO glad I'm tracking and can see that my intake was alarmingly low. I have been, since then, maintaining my weight by forcing my caloric intake upward and cutting back on my workout. I really want to stay fit and I really want to hit goal (10-20lbs away), BUT, I want to do it safely. I am comforted that I have been able to maintain the same weight for the last three weeks, it gives me confidence for when I do hit my maintenance phase.

1469 days ago



STEVIEBEE569



I LIKE IT! Well Said!

1471 days ago



SKYDRAKE



Thanks for helping us see the view. The forest and the trees sometimes get in the way. Mini maintenance. Love it.
1471 days ago



DEEBREF52



What a wonderful way to view it!!
1471 days ago



MICHIMARA



Thanks for posting this, Brooklyn. I want to remember it the next time I hit a plateau, it really makes sense to me!
1471 days ago



CD13396003



Great way of looking at it! And fitting for me, too. Thank you!
1472 days ago



BBLUNDON



nice attitude shift!!
1472 days ago



CD11519434



SPARK FRIEND

1472 days ago



CD11519434



KEEP SPARKING!

1472 days ago



CD11519434

Well Said!

1472 days ago



CD11519434

WAY TO GO

1472 days ago



SPARKARINA

Great attitude
1472 days ago



FUNLOVEN

I love how you view plateaus! Thanks for sharing this idea with us. I think it will help me put things in perspective when I can't seem to move forward like I want to.

1472 days ago



HARRIETT14

Thank you for giving the team name for maintenance. I have reached my goal and have been reading about maintaining but didn't know where to go from there.

1472 days ago



DSJB9999

Great blog, very well said, thank you for explaining, very well done xxx

1472 days ago



MISS-WILLOW

That is a great way to think about plateaus!

1472 days ago



WALKZWDGZ

I LIKE IT WAY TO GO

1472 days ago



KACEYSW

That is certainly a refreshing way to think about it!

1472 days ago



BLUEFOO

THANK YOU! Well Said!

That is a great way of looking at things.

1472 days ago



KB214R3

Great way to look at this. Instead of going into a tail spin use it

1472 days ago

I LIKE IT



GODSBEST

Thanks for a great analogy.

1472 days ago



TOMATOCAFEGAL

Wonderfully different way of looking at it. Keeps it still a positive statement.

1472 days ago



ROCKETDOG13

I can't thank you enough for this post. I am an emotional eater and when I hit a plateau I tend to get frustrated and BAM, I want to start eating junk. Well, not always, but a lot of times. But with this way of looking at things, I think I can lose that frustration and do as you said. Take a look at what I've accomplished so far and also plan ahead for my next goal. And when the time is right, things will once again progress! Thank you!

1472 days ago





GWINNER1

I never looked at plateaus in this light. It's all a matter of perspective and learning something in each phase. Thanks for a new perspective!
1472 days ago



ONEBLUEMOON

Terrific picture and analogy!
1472 days ago



GZELLEFRO

This is a refreshing way to look at plateaus! And you are right! Thanks
1472 days ago



PRNCSCUP1-2FULL

Brilliant blog! Yes, sort of hanging out at a certain weight was suggested as me preparing for maintenance by our friend, ONEKIDSMOM awhile back. Refreshing way of viewing it!
1473 days ago



LEEWORD

Yes, I just left my plateau. I knew I couldn't put more into it at the time, so I consciously treated it as maintenance practice. That was all I could handle until I was ready to start climbing down again. Thanks.
1473 days ago



LOIS_1950

Well Said! Good points.....think I needed to read this today. Appears I am at one of those plateaus
1473 days ago



ELIMARI

I like your thinking.

I would also add maybe the idea that a plateau can be a place to adjust to altitude, like a safety stop when scuba diving... just because you can physically move someplace faster doesn't mean your body and mind are really ready. I can see how for long term maintenance it could be really important to let your subconscious mind catch up to the changes in your body, your sense of proprioception (proprioception is your sense of space and the relative positions of the parts of your body. What allows you to touch your nose with your eyes closed for example), to adjust hormone and hunger levels for your new smaller body. I know that as I lose weight I find my hands absent-mindedly tracing my form, checking the firmness of my biceps and hamstrings, etc as if to map out a new internal image.

1473 days ago



SKINNYONEDAY58

Good thoughts on this subject, has made me think 🙏
1473 days ago



CNHAY5

Ugh... dealing with plateaus are so hard! Thanks for the positive outlook!
1473 days ago



WBERRY57

Thanks for this blog. You put it really well.
1473 days ago



MLAREDO

So true and so positive as well! Wonderful! It just fits me so well what you wrote right now. Thank you!
1473 days ago



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