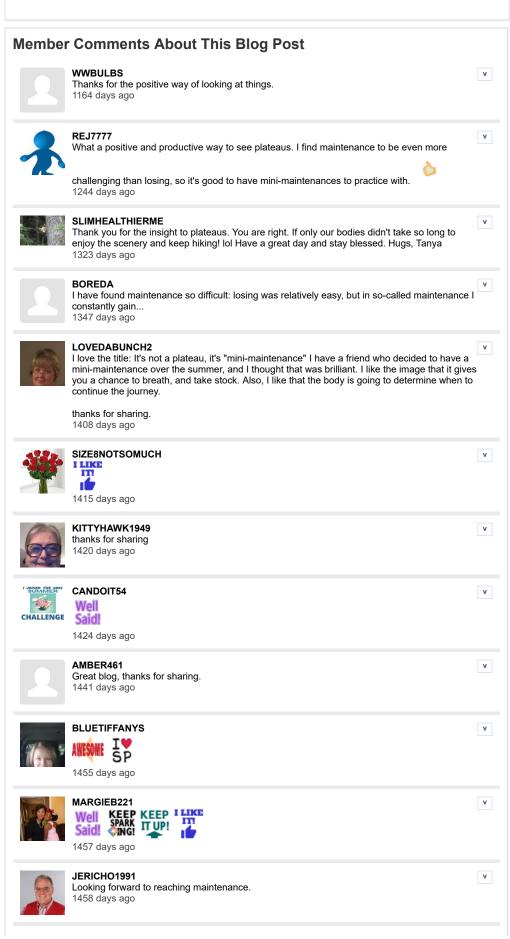
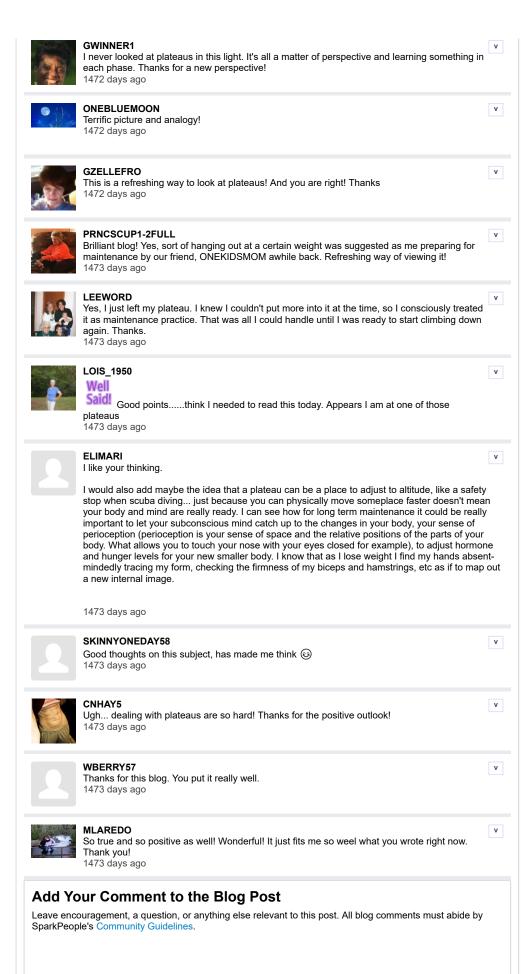


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	INCH_BY_INCH Well Said! Yes, with this perception it helps take some of the frustration away to a place of	v
	understanding. "mini maintenance"	
	MARYM1962 good perspective 1464 days ago	v
	QUAIL75 YUUS SAN 1464 days ago	V
9	MANDIETERRIER1 That's a good way to think about it 1468 days ago	V
	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 tracking and can see that my intake was alarmingly low. I have been, since then, maintaining m weight by forcing my caloric intake upward and cutting back on my workout. I really want to star and I really want to hit goal (10-20lbs away), BUT, I want to do it safely. I am comforted that I ha been able to maintain the same weight for the last three weeks, it gives me confidence for when do hit my maintenance phase. 1469 days ago	ny y fit ave
	STEVIEBEE569 Well Said! 1471 days ago	V
	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	v
(3)	DEEBREF52 What a wonderful way to view it!! 1471 days ago	V
×	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	V
	CD13396003 Great way of looking at it! And fitting for me, too. Thank you! 1472 days ago	V
	BBLUNDON nice attitude shift!! 1472 days ago	V
	CD11519434 1472 days ago	V
	CD11519434 KEEP SPARK SPARK NGI 1472 days ago	V

	CD11519434 Well Said! 1472 days ago	V
	CD11519434 1472 days ago	v
907	SPARKARINA Great attitude 1472 days ago	v
	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	v
	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	v
	DSJB9999 Great blog, very well said, thank you for explaining, very well done xxx 1472 days ago	v
	MISS-WILLOW That is a great way to think about plateaus! 1472 days ago	v
6	WALKZWDOGZ IIII 1472 days ago	v
3	KACEYSW That is certainly a refreshing way to think about it! 1472 days ago	v
	BLUEFOO Well Said! That is a great way of looking at things. 1472 days ago	V
	KB214R3 Great way to look at this.Instead of going into a tail spin use it 1472 days ago	v
	GODSBEST Thanks for a great analogy. 1472 days ago	v
Living () Healthier	TOMATOCAFEGAL Wonderfully different way of looking at it. Keeps it still a positive statement. 1472 days ago	v
Jack-	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 w this way of looking at things, I think I can lose that frustration and do as you said. Take a look a 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	t



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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.						