

SOP: WEIGHT LOSS RESISTANCE

BREAK THROUGH WEIGHT LOSS PLATEAUS IN MENOPAUSE



OVERVIEW

- **Definition:** Difficulty losing weight despite exercise, caloric control, and healthy habits.
- **Target Audience:** Women over 40 experiencing metabolic shifts impacting weight loss.



SIGNS & SYMPTOMS

- ✓ Stubborn weight gain, especially around the midsection.
- ✓ Difficulty losing weight despite calorie restriction and exercise.
- ✓ Fatigue, especially after meals.
- ✓ History of yo-yo dieting or over-exercising.
- ✓ Emotional frustration with lack of results.



WHAT TO TRY: INITIAL STEPS & PROGRESSION

STEP 1: NUTRITION RESET

- **Sub-step 1:** Prioritize protein (30g per meal minimum) and increase protein without changing calories.
- **Sub-step 2:** Time the first high-protein meal intake early in the day.
- **Sub-step 3:** Reduce or eliminate ultra-processed foods and refined sugars.

STEP 2: ASSESS

- **Sub-step 1:** Track dietary intake for 3-5 days and find averages.
- **Sub-step 2:** Match to activity level, current weight for caloric need.
- **Sub-step 3:** Determine if undereating or overeating, or low protein is the biggest obstacle.
- **Sub-step 4:** Keep in mind that no change in calories with an increase of calories from protein is proven to increase fat loss (if there's fat loss needed).

STEP 3: RESISTANCE TRAINING

- **Sub-step 1:** Incorporate full-body strength training 2–3x per week.
- **Sub-step 2:** Focus on progressive overload to reach muscle fatigue.
- **Sub-step 3:** Allow proper recovery between sets and sessions.

STEP 4: SLEEP OPTIMIZATION

- **Sub-step 1:** Prioritize 7–9 hours of quality sleep.
- **Sub-step 2:** Follow nighttime hygiene tips (*See Insomnia SOP*).

STEP 5: STRESS MANAGEMENT

- **Sub-step 1:** Implement daily stress-relief activities (e.g., meditation, walking).
- **Sub-step 2:** Reduce chronic cardio or excessive HIIT.
- **Sub-step 3:** Implement walking under cortisol tipping point (duration and intensity).



SUGGESTED TOOLS FOR TRACKING

- **Metrics to Monitor:** % Body fat, skeletal muscle in lbs, Weight trends, waist-to-hip ratio, energy levels.
- **Recommended Tools/Apps:** MacrosFirst, Fitbit, InBody Scan or other Smart scale, CGM: <https://www.flippingfifty.com/myglucose>
- **Frequency of Check-ins:** Daily quick check with initial changes. Weekly check-ins for 4 weeks, then bi-weekly.



COMMON CHALLENGES & TROUBLESHOOTING TIPS

- **Challenge 1:** Client restricts calories too aggressively.
 - **Solution:** Shift focus to nutrient density, not calorie cutting and away from calorie counting toward the Flipping 50 method of protein, 1-2-3 carbs.
- **Challenge 2:** Inconsistent protein intake.
 - **Solution:** Recommend easy protein-rich meals and meal prep strategies. There may be a reason to prioritize easy quantity of protein first then quality.
- **Challenge 3:** Client wants to do "more" exercise for weight loss.
 - **Solution:** Focus on steps (movement) vs chronic cardio. Establish an average and small increase to overcome the need to do more.



CLIENT COMMUNICATION TIPS

- **Tone & Approach:** Encouraging, data-driven, and patient.
- **Key Phrases to Use:**
 - *"Your metabolism doesn't slow or have to simply because of menopause or age."*
 - *"Low fuel with high energy demands is like one foot on the accelerator and one foot on the brake."*

- **Flipping 50 blogs and podcasts:** "Protein Needs for Women Over 50", Top 10 podcasts in Protein, Exercise Module
- <https://www.imrpress.com/journal/IJVNR/79/4/10.1024/0300-9831.79.4.212>
- https://doi.org/10.1093/humrep/12.suppl_1.126



- ☐ Assess the client's nutrition (3-day log or Macros First entries) and sleep habits every 4 weeks.
- ☐ Refer to a functional medicine practitioner if HRT is something they're considering if weight loss stalls despite intervention.



NOTES SECTION

