

## *Diet like a dream* steadily kg by kg ~No.5~

Diet like a dream-steadily kg by kg ~No.5~ features “The Barrier in diet (exercise).” To succeed or not to succeed in diet depends on how you get over the coasting phase. We call it “the Barrier in diet,” and this time we try not to get defeated and go for the long haul without haste.

### **\*\*What is a coasting phase?!\*\*b>**

Once you go on a diet, you gradually lose your weight. However, after a certain period of time, you will experience a period through which you can hardly lose your weight (a coasting phase). This happens due to the decrease in the basal metabolism. It is thought to be one of the adjustment reaction in order to maintain the body by keeping up and stabilizing the body weight with a slim repast. A healthy diet is the one in which you gradually lose your weight without putting a strain on your body, going back and forth between the “favorable account” and the “coasting phase.” If you rapidly lose your weight, you will get the habits of easily gaining back (putting on) the weight. The key to going on a healthy diet is to “keep your calm, take your own time, and go on gradually.”

### **\*\*How to go on a diet during the coasting phase\*\*b>**

If you feel that you are on the “coasting phase,” it is important to keep your calm, your diet meals and exercises as usual (Ref. Diet like a dream steadily kg by kg ~No.2~). Soft exercises (i.e. walking, swimming, cycling, etc) with low fitness level through which you can break down and burn fat, and exercises to develop the muscles (working with the weight), can both raise the basal metabolism. Therefore, if you combine and keep up these exercises, you will again start losing your weight one day. However, if the coasting phase continues for more than a month, you will then be required to change your diet meal, exercise and daily life.

### **Let's get over the coasting phase skillfully!!**



#### **Box exercise**

Put one foot on a box, then the other foot next.

Step one foot down from the box, then the other foot next. Repeat this for five minutes. The tip is to do it rhythmically.

\* 10 to 20 cm of box height is appropriate.

\* This is an exercise that people who are lazy training, don't have enough time, or can't be bothered walking outside, can do in-door at this season.

(To continue the exercise for 5 minutes is equivalent to 20 minutes of walking.)

#### **Let's get some switch of mood!!**

To think about the weight all the time during the coasting phase is rather a stress. Refreshment is the best thing in this case. You can go out on the day off, lounge in the bathtub, or do the household affairs or cleaning nimbly. These can raise the calories you burn. How you spend the holidays can change your weight.



### **\*Advice from the staff**

To go on a diet is to repeatedly move back and forth between the coasting phase and the favorable account. If you don't have a coasting phase and that you rapidly lose your weight, that means you are trying too hard. Don't put too much effort when you feel below par or when you are tired. This is how to keep at diet for long. Keep your calm and take your own time to go on a diet!

### **\*Next step of “Diet like a dream”**

**“The barrier in diet”  
(nutrition)**