

Frustration Stress Anger Anxiety Sadness Tiredness Happiness

All emotions that can affect our choices.

All emotions that can affect our choices as it comes to foods, and the decisions that we make.

That's right, this month again we are talking about comfort eating. The reason why we want to talk about this again is because we know it's such a huge issue. It's something that so many of you seem to struggle with, and we completely get it.

Like Ryan said before, time and time again, he's a huge emotional eater, so completely gets it, and it all stems from when we are a baby because when we are happy, but make noise and we're given a bottle.

When we're shouting, we're given a bottle. When we cry, we're given a bottle.

And all that does is increases our emotional attachment to that bottle, and that remains with us throughout life. That emotional attachment comes to food.

So therefore, everything that we do, everything that we feel, we often find it easier to turn to food than any other things.

And that's something we wanted you to be aware of this month and understand that if you do struggle with emotional eating it's completely normal, and your not alone.

In fact, a majority of people that we work with who or have emotionally eaten on a regular basis. Our goal is to help you the best we can find coaching mechanisms so that food isn't your go to.

So what we tend to find given the few of these options which can help reduce the amount of emotional eating you do.

The person we find is contacting us. That's right we want you to contact us if you think you might turn to food, when you start to feel that emotional jerk toward food.



Sometimes it might just be sending us a message or an e-mail venting to us. It will just deter you and remind you that you have somebody there as support and stop you wanting to turn to food.

1

The next thing we want you to do is not have the wrong types of foods in the house. We often use this with you anyway and comfortable with looking toward improving your diet is not having the wrong type of food there, but not have it available before it's more difficult to do.

We also know that if it's not there, when you do have one of these emotional moments, and you want to try and turn to food, and you have to go somewhere else to get it, hopefully by the time you have gone to get that food, the emotion has subsided.

This can be a bit tougher when you have a family, but we find reminding yourself the 'unhealthy' stuff you bought for the kids, isn't your food will help. Ryan won't touch Aoife-Mae's chocolate.

2

The next thing you can start to do is, find another outlet.

It could be something like going out for a walk, or using one of our short intense workouts. Just something that's going to really get your heart rate going.

Get you forgetting about it, and hoping to get some good endorphins going to improve your emotions.

We also find that making sure you do not beat yourself up if you do emotionally eat, is absolutely vital to your longer term sanity, for your longer term happiness.

Because, at the end of the day if you do emotionally eat, we just need to throw a line under it and get back to normal as soon as possible.

That way, you're not going to be beating yourself up. You're going to stay frustrated, and that emotional eating, episode if you like, was just an episode. It's not going to turn from a day or two, into weeks.

Because you should not beat yourself up. You don't deserve it because it's completely normal. It's just understanding, that don't let it turn into that longer term thing for you. Because again, you've worked too hard to undo all that hard work from emotional eating.

We really want to talk about being too harsh on yourself, beating yourself up if things aren't going right, if things aren't going perfectly. The reason for this is we see it happen all too often.

We have to say we do get it, because we can often be quite harsh on ourselves too. Because we always strive to do the best we possibly can just like you do.

However, we do want you to remember how important it is to recognise that you are making positive changes. You are doing positive things and don't take that for granted.

Take time each day to appreciate what you've done, because you're working hard and we're both proud of you.

In fact we're so proud of your hard work and the dedication that you show to your results that makes us absolutely love our job.

So let's stop aiming for perfection and always just look for progress, because then we know as long as we're making progress we're being successful.

Yes, there are always ways we could probably be a little bit better, be a little bit stricter, but again it takes away that balance and moderation.

It takes away the understanding that life can get in the way. It takes away the understanding that sometimes things aren't going to go the way you planned because we can't control everything, because all we can do is our best.

If you were doing your best hold your head high and be proud of it, we are.

Manic Month

So October was an absolutely mental month. In fact it is probably the busiest month we've ever had in our life, for a number of reasons....

We relocated from little Jersey to the UK so we could continue to develop online more, Aoife-Mae nursery. We went to New York to present again and this was all just within that one month.

But a lot of good things have come from it because we now have more time to spend coaching our online clients, you guys.

That's right. **WE ARE NOW 100% ONLINE**, which means that we can dedicate more time and energy into helping you guys get even better results.

And that's something that we wanted you to know that we are here to support you with EVERYTHING health and fitness wise...

We want to hear from you with what your struggles are, what you find is working well, and how we can improve our service to you.

Now we have to admit, our training wasn't quite as good last month as it normally is because we had to prioritise other things to make sure everything ran smoothly, your service wasn't affected, Aoife-Mae was settled, we got all the paperwork needed to move to the UK (couldn't believe how many forms and documents we needed to complete).

And you'll probably find it's the same when you're working towards your health and fitness goals that you'll always have more and more manic months and sometimes health and fitness may not be your priority and we get that because you have a life to live.

And our priority last month was getting ourselves settled in our new home.

So we focused more on a maintenance side of things last month, and that's something that you might need to do from time to time, and that's where we are here and want you talk to us again, communicate, we are here to help you and support you, and if it means we need to adapt things to make sure that you work more on maintenance and less on progress for a few weeks that's absolutely fine.



Our goal is to make sure that you are happy with the results you get, whether that be moving forwards or just knowing you're not slipping back when you normally would. Of course we want to help you move forwards where we can.

Sometimes trying to move forwards when it isn't practical, and it's not going to fit into your lifestyle can only lead you to one thing.

FRUSTRATION

And when we get frustrated it only leads to a couple of things.

One of them we feel like throwing the towel in. And more often than now if we do that we go backwards, or we try and overwork ourselves and end up causing ourselves to get either ill or injured.

We have seen that time and time again. In fact, we've both been guilty over over working in the past. Perhaps learnt those from experience, when we've not seen the progress we wanted, we've not listened to our bodies, and that's why we want you to listen to your body and talk to us especially as the weather gets worse now and it does start to get colder and there's more bugs and viruses flying around that you do listen to your body.

If things are manic don't over work yourself.

TALK TO US.

We're to help and we can make sure that we cater things on the programme for you if needs be.

One thing we found really helped us with the month we've just had and stopped us from stressing out was planning...

That's right PLANNING again, we had list for EVERYTHING and lists on lists and we numbers everything on priority so the most important was number 1 and was completed first and so on.

This helped us stay accountable and feel a sense of achievement as we crossed one thing off the list, and it meant it was clear what we most important and we didn't get side tracked until the task was done, more on this on the Tech corner.

WORKOUT

OK so this months workout is going to be a rep test- we want you to do each of the of the following and record your time/number of reps.

PRESS UP - 60 SECONDS



This can be done on knees or toes, keep your back and hips straight either way. Hands shoulder width apart, come all the way down all the way up. How many can you do?

SQUATS- 60 SECONDS



Feet hip width apart standing up back straight looking slightly up, hands behind head, and sit back to knees at 90degrees. How many can you do?

CRUNCHES



Lying on the floor feet flat on the floor near your backside. Hands on thighs and crunch forward till fingers are over your knees. How many can you do?

WALL SITS



Back against the wall and have your hips and knees at 90 degeed. Arms crossed with hands on shoulders. Hold it there as long as you. Your legs will shake. How long can you do?



RECIPE CORNER

With us having such a crazy month, we have to admit our diet was a little tougher to stick to than normal, therefore we decided to give you some easy high protein options for when you are on the go. Some which we order and always keep in the cupboard and some which we find easy to make...

Quick and Easy Protein Ideas

Ok lets have these ideas to hand ready to give you a good serving of protein when you need it.

SICED (2 THICK SLICES) TURKEY AND REDUCED FAT SWISS CHEESE

Roll the turkey around the cheese - Perfect 2 slices turkey

Kcals 132
Protein 19
Carbs 2g
Fats 6g

BEEF JERKY

Kcals 240, Protein 30g, Carbs 21g, Fats 4.5g

EGG WHITE SOUFFLÉ

Whip egg whites and protein powder to get a good hit of protein and microwave -Elly loves this one. (macros will vary on shake used) we use 4 egg whites, 1 scoop whey.

Kcals 149, Protein 35, Carbs 2, Fats 0.2

MUSCLE MOUSSE

NOT LIKE IT SOUNDS, IT DOESN'T GIVE YOU MUSCLES, TRUST US WE WISHED IT WAS THAT EASY, HOWEVER, REALLY SIMPLE TO MAKE, AND LOADS OF FLAVOURS TOO - WE LOVE WHITE CHOCOLATE.

Add powder to water and shake up, leave in fridge to set and BOOM! Done..

We get this off Amazon.co.uk

Per Serving:
Kcals 177Kcals
Protein 30g
Carbs 12.5g
Fats 0.2g



RECIPE 34


PROTEIN PANCAKE

A CHEEKY LOW FAT DESSERT THAT RYAN LOVES TO WHIP UP EVEN IF HE DOES SMOKE THE HOUSE OUT AND BURN THE PAN...

They taste great, a choice of flavours. Just add powder and milk and pan fry in minutes. We use 1kcal spray oil.

We get these from theproteinworks.com

Per Serving:
Kcals 199Kcals
Protein 30g
Carbs 10g
Fats 4g



RECIPE 35


PROTEIN MUG CAKE

MICROWAVE FOR 2X 30 SECONDS AND YOU'RE DONE, IT DOESNT GET MUCH QUICKER THAN THAT!

Just add powder and water then stick in the microwave, and it's done, nice and light too for a great dessert.

We get these from theproteinworks.com

Per Serving:
Kcals 148
Protein 20
Carbs 10
Fats 1.7



RECIPE 36

TECH CORNER

Ok another stupidly simple App that we both use, but Ryan even more so is **NOTES**...

in fact Ryan writes note about notes, but we use this to list everything,

- shopping lists,
- to do lists
- things we think of that need to be remembered
- email ideas (yes we have 100s of these -haha)

it's a great way to organise everything and make sure that you are in control, as we talk about pretty much daily, being in control of yourself and where you are heading is the key to results, and sustainable ones at that.



Notes

MONTHLY FOCUS

This months focus is going to be all about PROTEIN

We want to have the goal of getting 20g of protein per meal or snack.

We often say match the protein and carbs gram for gram if you are on the 40-40-20 split to make sure you aren't playing catchup.

If you struggle use the recipes here and on hodgsontraining.com

Remember we are here to help.

PROTEIN



So with that said and the challenges we will face this next few months...

MINDSET

Yes again..

As we know Mindset is all about fine-tuning and training the brain to think in a certain way.

Once we can start to do that, we can train the brain to think about our goals, to think about being in that moment when we achieve our goals.

Once we do that, the emotional connection to these goals is going to increase ten-fold. Once we have that emotional connection, you try stopping yourself from achieving those goals.

We always say this and although its common sense, its often not common practice...

is that we can't expect to lead a positive life when we have a negative attitude. By that, we often talk about our own choices in the way we react to things.

We can't control what we think, but what we can do is control how we react to the thoughts, which is why we have such a strong push towards doing these daily rituals.

So that we can alter the way that we feel and the way that we react to our thoughts. Because there's always going to be positives there, but sometimes just digging a little bit below the surface in order to find them.

Now that said you can apply these to social situations too where you can't control environment but you can how you react to it..

like...

Do you need the bread before the meal?

Do you need 3 courses?

How much dressing?

How much wine?

All things that we can control without avoiding situations or being 'boring' like we are sometimes.



Winter cravings

So we wanted to finish this months newsletter off with a few tips that can help you slipping off because the weather is cold. The reason being we know the temptation is to let the activity slide a little and the food creep up with warm, hearty meals that are more calorific.

1 Keep active at home- do the home based workouts, or even do 10-15 reps of the stairs, brush your teeth in the wall squat

2 Wrap up warm - seriously get out in the weather and wrap up warm keep active enjoy the great outdoors.

3 Warm meals- as mad as it sounds these will fill you up more, we have toasties instead of sandwiches and hot porridge instead of cold for example.

4 Change the time of the workout- if you train in the evening switch it to the morning so the weather cant put you off during the day.

5 Commit in to exercise publicly- you'll be less likely to let it slip that's for sure.

6 Hot drinks - be aware of the calories in them, and of course track it :D

Follow these tips and you'll be much less likely to fall off the wagon, but as always, TALK TO US if you need any help.

TILL NEXT TIME

The feedback we have had from this newsletter last month has been amazing and we have had loads of referrals so please continue to send us referrals for it. If you have someone you think would be interested, let us know and we can send you an email that you can send to them.

If you like it post it on social media and help us to help more people - even with a photo of the newsletter you will get every month.

Try out the recipes, and the workouts, get photos and...



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We also will reward referrals to us...

Send a friend our way and we will give you a freebie, email: newsletter@hodgsonfitness.com

Ryan and Elly xx