

## How much water do you really drink?

So I had a manic morning the other day. I was just on planet wifey day as I call it as it was my mission to sort all our laundry and had a goal of an empty washing basket- something very rare in our house especially with the amount of training gear we go through (not forgetting the amount of outfit changes we go through with Aoife-Mae).



It got to about 2pm, whilst I am always encouraging Aoife-Mae to drink her water, I had in fact had none and worse of all I was surviving off black coffee. Worst mistake I could have made as I was probably getting more tired due to being dehydrated, head was pounding and body was probably now storing onto any water it had which is probably why I felt so bloated - Last thing I want.

It then occurred to me that I really need to see how much water I actually do drink.

**Have you ever measured the exact amount of water you drink in a day? If you are like me you will be really shocked.**

You can always tell how dehydrated / hydrated you are by the colour of you pee, with the goal that you want it to be clear.

Interesting fact did you know that one of the biggest causes of poor digestion is... **dehydration**.

Often enough we hear a lot of people complain that they suffer with some form of digestion related problems, headaches and lacking in energy now, do you suffer with these... do you drink enough? (if not maybe having more to drink could help)

**(if you like to know more about the science - email us)**

So when we limit our water supply and do become dehydrated in reality our body will probably be less efficient, you will probably be feeling drained, lethargic and head pounding as if you have been getting hit with a dumbbell. I can imagine some of you are getting ready for the festive period (that time already) being well hydrated is one of the best cures for hangovers.

I have now set a goal from now on is to measure how much water i really drink, i have found the best way for this is to buy a 2litre bottle and starting off realistically shall aim to drink one of these bad boys every day.

If this sounds similar to you lets all do this and lets call it the 'Hodgsonfitnesswaterchallenge'

## cheeky tip of the month



As mentioned water is vital for so many reasons in the body so lets train ourselves to drink more try this...

- 1 glass of water when you wake up
- 1 glass of water at each meal
- 1 glass of water an hour before bed

Then try to finish a bottle of water on top of that a day and you'll drink 2 litres a day easily.

Now at first you will need to toilet all the time, but we can assure you it won't take long for that to level out.

Remember coffee doesn't count, in fact if you have coffee increase your water intake.

## recipe corner

### NO BAKE PROTEIN COOKIES (makes 8 small cookies)

- 1 cup oats
- 4 scoops whey powder (we used vanilla flavour)
- 1/3 cup peanuts, unsalted
- 1/4 cup organic peanut butter, unsalted
- 1/4 cup coconut oil, melted
- 4 Medjool dates, pitted
- 3/4 cup + 2 tbsp warm water

#### What to do with it:

1. Line large baking tray (ready for the cookies :D). In a large mixing bowl, mix together oats, protein powder and peanuts.
2. In a powerful blender, or food processor, process until smooth peanut butter, coconut oil, dates and water. Pour into the bowl with dry ingredients and mix until combined. The batter will be quite thick. If you still see dry patches, add water by a tablespoon and keep mixing.
3. Scoop the dough with a spoon or a small scoop, roll into golf size balls and flatten with your hands. Place on a prepared baking sheet and repeat this step until you run out of dough. Refrigerate uncovered for 1 hour and enjoy cold.

#### Each cookie will provide :

171Kcals, Protein 10g, Carbs 13g, Fats 9g.



## a little something to do at home

A little something to do at home...

1 minute squat workout.

1 minute of each exercise 3 times around with 30 seconds between each set.

- Standard Squats
- Prisoner Squats
- Sumo Squats
- Split Squats left leg
- Split Squats right leg
- Pulse Squat
- Wall Squat

This will burn about 200Kcals :D:D

kies)



## RECIPE 1

### CHEEKY CHICKEN BURGER

Again for us another fun one where we made them in less than about 10 minutes. This will make 4 burgers.

- 250g of minced chicken
- 1 red pepper
- 1 small onion
- 1 egg white
- salt and pepper
- herbs (to suit taste, we just used mixed herbs)

#### What to do with it:

Mix all these up and then make in 4 equal sized burgers, then grill, if keen like us, on the George Forman for the perfect dinner. we then used Pitta bread, Houmous (better than mayo) & Salad leaves.

#### Nutrition per 1 with Pitta bread and a table spoon of houmous

- 340calories
- 6g of fat
- 30g protein
- 35g carbs



## RECIPE 2

# RYAN'S WEIGHING IT UP!

*Its usually the same story...*

See when we first chat to people about goals the first thing that's mentioned is almost always the same -

### WEIGHT

- How much we would like to weigh,
- How much we used to weigh.
- How much weight we would like to lose
- Where the extra weight is...

Something I personally used to obsess about too, i'd even weigh myself before and after going to the toilet to see how much 'weight i had 'lost'.

Then I realised summit, when I started listening, listening to people about the why (more on the why another time).

The why was more often than not for appearance reasons, to look better.

And that's when our war with the scales begun.

Because if you get into a size 12 dress does it matter to you if you're 60kg or 75kg?

Nobody knows what you weigh unless you hop on the scales in front of them or tell them.

The thing is muscle weighs more then fat, by this I mean if you had 1lb of fat and 1lb of muscle - the muscle would take up less space (i.e. Smaller).



What's more is muscle burns calories so putting on some muscle will help you to lose the only thing we really want to lose.

## FAT

- a little fact for you is that 1lb of muscle burns 3,500kcal a week, which is 1lb of fat ;) \*
- Here's another thing to think about, if you weigh yourself, then drink a litre of water without going to the toilet you'll weigh a kilo more, but you haven't put on a kilo of real weight.

That's why we only want weight taken every 4 weeks or so - and that's just so that we can adjust your calorie goals according to that.

So when you read this I want you to take photos of yourself and rate how you feel out of 1-10. 10 being like a jedi and on top of the world, 1 being not happy at all.....

use them as the ONLY results that matters - how you look and how you feel...

The weight on the scales will change when your body is ready to. It's different for everyone.

Some lose weight overnight, some take longer for the weight to come off, but we are all different shapes and sizes and that's important to remember.

So ditch the scales, hide them, only get them out once a month to check if you're eating the right macros specific for you.

Think about it- you can see a dress size, but you can't see a weight am i right? ;)



## 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 in 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 tag us on:



@ellyhodgsonfitness  
@ryanhodgsonfitness



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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](mailto:newsletter@hodgsonfitness.com)

*Ryan and Elly xx*