

It could all be A WASTE OF TIME?

This month we're going in a little deeper than normal and asking you a question that some of you may not like.

Are you wasting your time?

And the reason we are asking is that we are not even 1/3 of the way through the year and we have had people contact us about coaching because what they did in January didn't work.

And it comes down to a little thing you may or may not have heard of - **IIFYL** and may have heard of **IIFYM** but most likely not. But we believe that EVERYTHING comes down to...

IF
IT
FITS
YOUR
LIFESTYLE

Which as you know we both practice and preach too and the reason why its so key is simple.

In our experience we've never met anyone who wants to put the weight they work hard to lose back on. So everything has to fit round your lifestyle and the things that are important to you.

So it needs to fit around, work, family, housework, kids, sleep, and much much more. Otherwise we end up on the treadmill of life going around and around but getting nowhere.

Lets work on a lifestyle together and not on the next big thing that comes out because a lifestyle is something that lasts much longer, and its more enjoyable.



High Protein Diet

As you know we preach a high protein diet as being optimal for weight loss. And our rationale for that is pretty simple. When we have more protein it takes a little longer to metabolise so you feel fuller for longer and every cell in the body needs protein molecules. But protein can also help you to reduce your appetite.

Now that said, it often is the nutrient that we struggle to increase, because lets face it, its easy to increase our carbs or fats.

So here are 3 things we suggest-

1. Have a source of protein with every meal or snack (good sources in hodgsontraining.com/resources)
2. Protein shakes a good supplement you can get 20% off at nutritionx.co.uk with discount code HODGSON.
3. Have some available easy to eat, most protein requires prep so having things like tins of tuna can be a good way so when you are hungry they're ready in seconds.



THIS BRINGS US ONTO THIS MONTHS FOCUS...

monthly focus

Possibly the hardest monthly focus for some that we've had, this month we are keeping it ultra simple, all about **PROTEIN**.

We want you to be within 10grams of your daily protein goals **EVERY DAY**.

Plan it, put it in myfitnesspal in advance, and lets get the protein right if we can hit 27 out of the 31 days we will make it a habit within 10grams no matter what :D.

Lets nail this Protein!

Ryan and Elly x

Monthly Home Workout

Its going to be a leg based one lets do this once a week.

45 seconds of each exercise followed by 15 seconds of squats. Repeat 3 times

1. Left leg lunge
2. Right leg lunge
3. Alternate curtsy lunges
4. Alternate lunges
5. Sumo squats
6. Left leg step ups
7. Right leg step ups
8. Prisoner squats
9. Squat pulses
10. Wall sits



PROTEIN CHOCOLATE MUFFINS

- 2 scoops chocolate whey protein
- 2 egg whites
- 40g sugar alternative
- 180g self raising flour
- 20g cocoa powder
- 1 medium banana
- 90g apple sauce (unsweetened)
- 300ml almond milk
- 1kcal spray

What to do with it:

1. Mix the whey protein powder, sugar alternative, self raising flour and cocoa powder in a bowl and leave to one side.
2. In a blender mix the egg whites, banana, apple sauce and almond milk.
3. Mix both of the mixtures together to form one mix.
4. Spray muffin trays with 1kcal spray.
5. Pour muffin mix in the tray and cook on 180 degrees for 20 minutes.
6. ENJOY

Nutritional Information (makes 10 muffins):

One muffin: 120 Calories, 23g Carbs, 1g Fats, 7g Protein



RECIPE 12

LOW CARB HEALTHY THAI GREEN CURRY

- 315g chicken breast
- 1 red chilli
- 40g fresh coriander
- 35g peeled ginger
- 2 cloves of garlic
- 50g spring onion
- 1 stalk of lemon grass
- 1 tablespoon soy sauce
- 2 teaspoon of fish sauce
- 35g coconut cream
- 400ml chicken stock
- 1 courgette
- 1Kcal spray
- 1 cauliflower

What to do with it:

1. In a blender make a paste from the Chilli, coriander, garlic, ginger, spring onion, soy sauce, fish sauce and lemongrass
2. Cook the chicken in a large pan and 1kcal spray. then put to one side.
3. Put the paste in the pan and cook until you can smell the flavours intensely
4. Add chicken to the paste and the creamed coconut
5. After 5 minutes add the stock and simmer for 20 minutes
6. Then add the courgette and cook for a further 5 minutes.
7. Grate a whole cauliflower and pan fry on a low heat until heated right through (this is your cauliflower rice).
8. Serve up and ENJOY.



Nutritional Information (serves 4):

Each serving provides: 212 Calories, 14g Carbs, 5g Fats, 28g Protein

RECIPE 13

HAWAIIAN TORTILLA PIZZA

- 1 tortilla wrap
- 50g tomato base
- 70g low fat cheese
- 20g low fat ham (choose your own protein)
- 30g chopped pineapple

What to do with it:

1. Put the tortilla wrap on a pizza tray
2. Spread tomato base on tortilla wrap
3. Add toppings
4. Bake for 10 minutes on 180 degrees

Nutritional Information (serves 2):

(add our homemade chips for a complete meal)

These will vary if you have a different protein option.
Each serving provides: 168 Calories, 14g Carbs, 5g Fats, 11g Protein



RECIPE 14

So February has been a month of sickness for us. It's been tough experiencing unexpected rest days, lazy meals in the evening, early nights slouched on the sofa and lots of sleepless nights with a little monkey sometimes joining us in the bed as some days all we want is sleep :(

Poor Aoife-Mae has been suffering with hand, foot and mouth disease and it isn't something that a child's body can recover from easily. It has taken a good few weeks and we are still not over it yet with her having a really poor appetite and becoming very clingy towards mummy (no complaints from Elly - children do give the best cuddles).

But if we are honest, it threw us both off our training and eating habits as we've had quite a lot of sleepless nights. Then we would feel guilty making her leave the house so we could take it in turns to train. I know we are not alone as we know from speaking to some of our coaching clients we've all been suffering with our little ones whether from bugs or teething.

One thing we found common was the guilt we put ourselves under. The guilt from not sticking to our eating habits, we didn't track our food or didn't do the workouts - We felt awful when we questioned why some clients hadn't tracked their food and knew there was guilt feelings especially as we've had a tough month also - we both totally understand that life does get in the way.

That's why we created Hodgson Fitness to be a lifestyle approach and we want everything we suggest to fit your lifestyle and what works for you. So if you are having a bad time whether through work stress, maybe you are travelling quite a bit or its just really hectic, maybe family life is busy. Whatever it is here are our tips. When you are having a bad time these will make it easy for you so you can continue to make the progress you desire but without that guilt pang and hindering those results:

- 1. KEEP HYDRATED**- carry water around with you everywhere keeping hydrated has huge benefits not only for our organs and skin but also helps us from confusing hunger from thirst so will prevent unnecessary snacking and the best bit it will help with your energy levels - if sleep deprivation is a big factor
- 2. TRACK YOUR STEPS**- if you have an iPhone keep it in your pocket or on you and aim for that 10,000-12,000 steps so if you are struggling to do the workouts at least you are keeping active plus will help release them endorphins that will help keep you mentally positive and you WILL feel better.
- 3. TALK TO US** - a problem shared is a problem halved. Sometimes it's not easy talking to friends, work colleagues even loved ones as they may not understand the importance of your goals (very common) so talk to us both Ryan and I like you to think of us as your friend also and we get how life does get in the way.
- 4. DO TRY AND KEEP EATING A BALANCED DIET**- you may crave that chocolate bar so have it but do ensure those other meals are balanced with complex carbs like wholemeal carbohydrate options, protein and good fats this will help again with energy levels, blood sugar levels and also hormone levels.
- 1. CHILL AND LISTEN TO YOUR BODY**- if you need time out - take it, rest up and wipe the slate clean come the next Monday - having a break may just be what you need and will hopefully make you feel more refreshed and motivated to start again.

- 1. DON'T RELY ON CAFFEINE** to get them energy levels up - as much as Elly is a coffee queen addict we know when she does drink too much it not only messes with her body organs (suffering cramps). She can't sleep but it is evident that she does feel more anxious and there is a reason for that - it's because it is linked to the body's stress hormone cortisol so you can only imagine when you are already feeling stressed what it can do to your body and mind.

Life plays a huge part and it can sometimes be completely out of our control what is going to happen, so unfortunately we can't plan around it. Hopefully by following the above tips will give you that reassurance that if you can't get to the gym or do a workout at home like you may have planned or even meal prep in advance - there is something that you CAN do and remember you aren't alone.

For those good days remember just because we have set ourselves goals and we are all committed to them does not mean that our life has to be boring - we want you to socialise, enjoy precious moments with family and friends - trust us we do and it's important to us we do make everything fit our lifestyle. We are passionate about this so if you need help in any area that you are struggling with or we haven't touched on do let us know.

Here's to March and hopefully a more healthy and positive month - we will soon be at the end of the first quarter of the year - scary thought!

If the last quarter has not gone to plan don't let another one creep up because like the last one these do go by so quickly, so write down the 3 things you want to achieve by the end of June and let us know and we intend to hold you accountable to it.

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...



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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