

## Welcome

Welcome to our first monthly newsletter. To be honest it's something Elly and I have been thinking about doing for months because we know that **EVERYONE** gets electronic versions of emails that they probably never even read let alone use, we do it ourselves, endless amounts of information that is useless unless its used.

So now, every month you'll be getting one of these bad boys through your door, in the hope that this can help you to get **even better results**. That's because we know and understand that when you have health and fitness goals, there's a little thing that gets in the way, and we cant stop it...

No matter how hard we try.

That little thing is called... **LIFE**

and believe it or not we also have a life which is why we "get it" and we know there's nothing worse than being told the usual things you may expect trainers and coaches to say like...

- Don't drink alcohol
- Don't eat processed foods
- Have 5 portions of fruit and veg a day
- Drink only water etc.

Because if someone told us that, the truth is, we would probably walk away and not bother going back to them.

Our lives don't revolve around health and fitness goals, in fact we just need to incorporate them into our current lifestyle.

So that's why we want to help you, lose weight, tone up but most importantly... feel better about yourself without giving up the things you enjoy and making it a chore.

Every month you will get one of these through the letter box with some bits and pieces that will hopefully help you on your journey.

We know there are quicker ways that will get you to an end result, much quicker ways, but we are very confident that, the way we do it, it'll stick with you forever and that's why we are here to help.

But the key thing to remember is that, the only way we can make progress is by making these small changes bit by bit with the single most important thing in mind...

## BALANCE

It's about balance between everything from diet and exercise, to work and that little thing that always gets in the way - **LIFE**.

As **this is YOUR newsletter**, if there are things you want to ask or things you perhaps struggle with, talk to us and perhaps it'll be in one of these newsletters.

*Ryan and Elly x*

## back to basics

We all know that weight loss can be made to sound a lot easier than it is, usually by people who haven't had any form of unhealthy relationship with food.

Comments and things like "just eat less and move more" are the sort of things they'd say - Erm... if it was that simple we wouldn't have a job, because its really not.

But when we talk about weight loss, we only really want to lose one thing..

### FAT

and its as simple as that. Often with crash course diets, detoxes and other fads out there, we lose other things from our body, like water and muscle and in fact both of these are really important in helping our body to function.

Thats why we like to work out how many calories your body burns at rest, this is called the Basal Metabolic Rate. Then we can calculate our daily calorie expenditure by factoring in our lifestyle.

Then we will have how many calories (roughly) we need to maintain our current weight. Which of course we don't want, we want to lose a bit of weight in a healthy manner, so we only go for **500Kcals under that.**

Seriously that's all you want which is a 3,500Kcal deficit a week, which is just as much as it takes to burn 1lb of fat :D:D

We are happy to go through this with you so drop us a line with your...

Age, Weight, Height and exercise levels.

And we will get you well on the way.

We then suggest checking this every 4 weeks so that you reduce the calories accordingly as the weight comes down - but only every 4 weeks or so, don't obsess about the scales (more on that next month).

## cheeky tip of the month

Ok so every month We're gonna give you something to focus on, whether it's diet, exercise or lifestyle related.

So this months focus is simple - it works on a calorie expenditure and is something we could all fit into our lifestyle too.

We want you to climb at least 10 flights of stairs a day monday to friday. Thats right if you're going to bed and haven't done at least 10 flights, do them in your house, no stairs? Dont wait till bed time to realise you haven't done it.

This is something thats easily achievable if you opt to take stairs instead of lifts - Sounds crazy but doing that will burn about **600kcal**

**extra a week :D:D**

Don't miss out a step though when going up!



## a little something to do at home

Here's a quick workout for you to do at home, you can even get the family involved too and it'll only take about 15 minutes to complete.

Lets hear from you about doing it, even whilst watching the X factor on a Saturday evening.

1,2,3,4,5,6,7,8,9,10,9,8,7,6,5,4,3,2,1 of each of the following exercises:

- squats (hands above your head)
- step ups (on something, step, chair, bed, table ;))
- High knees (one of each knee is 1 rep)
- squat thrust (walk them in and out to make easier)
- crunches
- alternate lunge (one of each leg is 1 rep)

It'll burn about **140Kcals.**

# recipe corner

We aren't the most culinary people so we want to give you a couple of flexible dieting recipes that will take you no longer than 20 minutes to prepare and cook because like us you don't have time to spend hours slaving over a cooker just for one meal.

## PERFECT PROTEIN PANCAKES

- 113 grams porridge oats
- 115 grams natural yoghurt
- 1 scoop of whey protein powder
- 4 large egg whites.

### What to do with it:

Mix it all together (we got Aoife-Mae to help us with this)  
Then fry on a pan using 1cal spray.  
This should make 8 protein pancakes  
(or 4 pancakes for the greedy like Ryan)

### In each pancake you'll get:

- 269Kcals
- 3 grams of Fat
- 23 grams of Carbohydrates
- 35 grams of Protein

(this depends on what protein powder and yoghurt you use but should be good)

**Cheeky Tip - we put Walden Farm's sauces on these, they're calorie free :D**



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

# ELLYS CORNER

## *going cold turkey*



About 2 months ago I decided to embark on a “21 day sugar detox” as we had just had a family trip away to Liverpool and as you do on every holiday (wouldn’t be a holiday otherwise) I over indulged on the good stuff. It was not just added sugar I couldn’t eat I also wasn’t allowed to eat natural forms - I became quite shocked after doing this finding out the truth of the amount of sugar in fruit.

It wasn’t until doing this detox that I properly read the nutritional labels on foods and got such a shock by the amount of **sugar in foods**.. I use to love coconut water and then found out it had 9g of sugar - I thought I was being healthy drinking this especially when feeling a little hungover but in reality I would have just spiked my blood sugar levels and would definitely feel worse at some point.

I felt great by the end... During is another story - my moods were all over the place, I felt like giving up about 10 times a day, I thought about food non stop and had the sweats at night.

Would I do this again? No definitely not to this extreme -when depriving your body of one type of food can only mean one thing- **its not healthy** (obviously this is of course in our opinion) but I have found by removing one type (this being sugar) I constantly thought about it, fascinated by the thought of eating it again which to me

has created an unhealthy relationship with it because at some point whether it was at the end of the detox, in a months time I would probably more than likely binge on it... its only natural for us humans that when we do deprive ourselves of something you do become obsessed with it -to some form of degree.

If you have a more **balanced approach** to anything you are than likely to have a healthy approach to meals and food, no deprivation of any form, you look at all food groups in the same way, you are not restricting any thought, your lifestyle is more sustainable, your moods are probably balanced, your weight is also more than likely sustainable and I would bet there are no “binges” happening.

This is exactly something that Ryan and I practice and preach with our clients life is all about the balance, we too are a family so know how hectic and demanding children can be so it is more than important to have the balance right and we are with you every step of the way,

### TILL NEXT TIME

We hope you enjoy the useful content on this newsletter and no doubt we will hear from you as we want feedback.

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...



@ellyhodgsonfitness  
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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*