

Plateau Busting

ISSUE 11 - AUGUST 2016

So, with it being August, we're pretty much in the thick of summer now. Weather is going to be nice and hot and the school summer holidays are coming up.

We make no secret of the fact that when you first start on any of our programs, the results can be very different, varied on the person. ie, you are unique, we're all different, therefore our results will be different.

However, 80% of the time, the first four to six weeks you'll see a great deal of progress, because your body is going through a change and it's going to start to adapt to the workouts, the lifestyle, the nutrition, and ultimately your head is going to be in a better place.

However, after a while, sometimes things can slow up a little bit, and that can start to give you a feeling that it's not working.

Or a feeling that you're demoralised and demotivated.

That's why we always say to you not to just focus on weight. I'll say it again.

Don't just focus on weight.

We want you to focus on other areas as well. So when you feel like there's a plateau coming in the physical results, it helps to look at the psychological results.

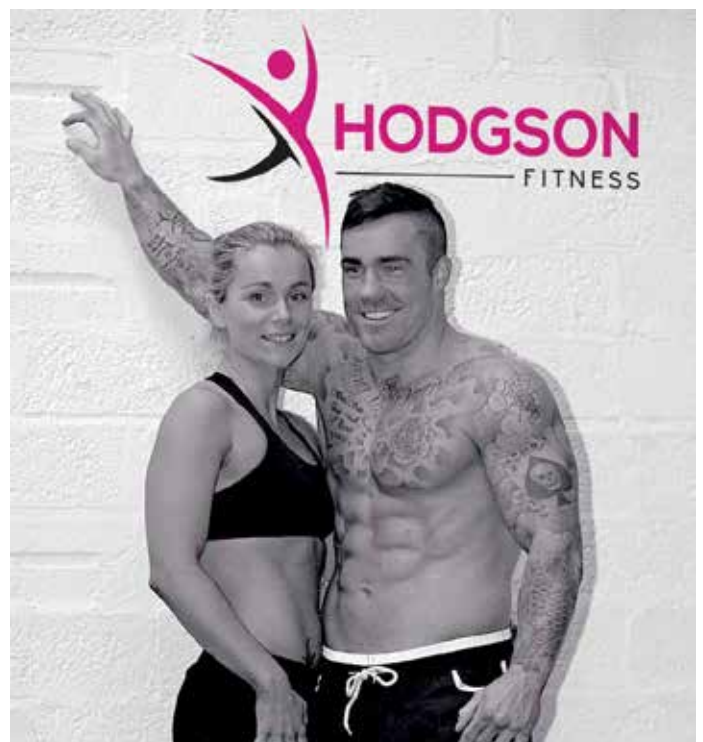
- **Have you got more energy?**
- **Do you feel better about yourself?**
- **Are you generally happier?**
- **Are you less hormonal?**
- **Are clothes fitting better?**

If you answer yes to any of these, then perhaps you're seeing some results that you should be drawing on those positives and trying to hold on to them, because that's going to help you stay in a positive mindset and continue to move forward and continue to see progress, and ultimately bust through that plateau that's about to start.

Because, get yourself into a negative mindset, and start to feel like throwing your toys out of the pram, it's only going to go one way, and it's probably back to where you started and further.

We know that you don't want that and we know that you'll be there talking to us if you feel like you're going to do that, because that's what we're there for, so talk to us.

We're always there, whenever you need us, drop us an e-mail and we want to hear from you. If you're struggling with anything to do with mindset, lifestyle, nutrition, exercise, that's where we want to hear from you. So if we don't hear from you, we don't know.



THE PLATEAUS - How to counteract t

So what happens is that you work really hard for months and months and see some great change, however unfortunately, after a few months, maybe six, progress can start to slow and almost even stop in their tracks, the momentum gone, you hit a dreaded plateau?

We know that can become very frustrating and ultimately put you off carrying on doing what you're doing. That's why, based on that we decided to focus on busting the plateaus.

So we're going to give you some really good tips and useful applicable knowledge that's really going to help you break through that plateau.

The first thing that we can always do, which is going to sound like it's the opposite of what you should do, is have a cheat weekend. Increase your carbohydrates and increase your fats for a period of time, perhaps two to three days, and really just enjoy it. Because what that's going to do is increase your Lepton levels.

So you know, in simple terms Lepton is a fat burning hormone, one which when we're quite strict and particularly on a low fat diet, which you are, it can sometimes reduce your Lepton levels, so we want to build them back up.

Having that cheat weekend will really help boost them pretty quickly.

NUTRITION

We wanted to go into a little bit more depth on nutrition because we know that that's one thing most people struggle with.

And we do have the strong belief that you can't out-train a bad diet, and I'm sure that you'll agree that when you start to nail a diet, the results come much quicker and are much more sustainable.

First things first, we want to make sure that you're not over-complicating it.

As you can see, we use MyFitnessPal, get you tracking your calories. So as long as your calories are below what you're burning, the theory is, you should lose weight (the only people that won't lose weight is people with hormonal issues).

Then, we want to look at the macronutrients after that.

So your proteins, carbs, and fats. We have you on a high protein diet, as you know, and the reason behind that is because protein:

1. It makes you feel fuller for longer.
2. It slows the body's absorption of carbohydrates into the bloodstream.

That's going to keep your energy levels consistent all day. Because we know that you're busy. The last thing you want is peaks and troughs in your energy levels because you're trying to keep going and you're on a calorie deficit.

We know it can be hard to build the protein levels up, particularly whilst looking at your fat levels but once you persevere with it and really commit to it, you can see and feel the benefits from it very quickly.

So when we start to get those macronutrients balanced, and you've got your proteins, carbs, and fats in the right way, yes, then you can start to look at micronutrients.

However, for general weight loss, we don't want you to stress about this. We have to remember that you don't want to complicate something that can be quite simple.

Okay. In practice, it's a lot more difficult than it is in theory. So just focus on getting the calories and the macronutrients right.

hem or avoid them before they start.

The next thing we can do is really start to up the exercise for a few days or maybe seven days, increase the activity levels, just really have it really hard and break through that. Because sometimes, losing one pound will take forever, but then you'll lose three or four quite quickly.

So do an extra exercise, increase the steps by 5,000 today, or going out, do an extra work out three or four times a week, really increase your chances of breaking through that plateau.

The next thing you can try is one of our booster programs. Which can be found on the members site hodgsontraining.com.

You can just do a shorter 8, 14 or 21 day program that's really short and sharp and it will really help you lose a few pounds quite quickly, and get you back underway and building that momentum again.

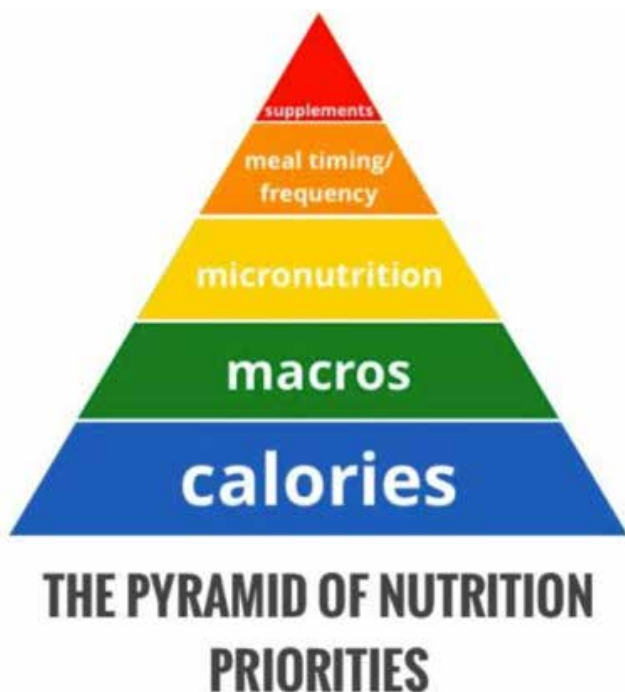
The next thing -- what we really need to consider is not to stress about it. As we all know, stress can really affect the way we digest food and ultimately the way we utilize our nutrients. That's why we need to stay relaxed about it and if plateaus happen, talk to us. If you don't talk to us, we don't know.

If you're feeling frustrated, we don't know unless you tell us, that's why communication is key.

Because sometimes when you lose momentum it's hard to get it back up, and that's what we want to try and do. Because when we lose momentum, our motivation can fade too, and that's the last thing we want.

Remember, if your motivation is fading, we feel like we're failing, that's why we need you to tell us.

Look at this guide that we've put here that is also on our membership site to help you. This is the way we work on it.



And we only really use the bottom two.

Even us too, and we're not trying to lose weight, only really focus on our calories and our macros.

When looking at food, applying it at your meals, we think it's really important that you ask yourself this one question before you do anything.

And that is, what nutrients am I going to get from this?

The reason why you want to ask this, is that you want to look into proteins, carbs, and fats you're going to get from the meals before you eat them.

That's right, **we said before** you eat them.

Because if you do it afterwards, and go in blind, you can sometimes find yourself playing catch up.

With then hundreds of clients that we've worked with over the years, we've found the ones that put in advance and tweak and adapt things based on what the meal would provide them, are the ones who get the best results.

There's no secret behind that.

So that's why it's vital you put the food in first. So, just take a few seconds before you make something to put it in, and you can adapt serving sizes and certain parts of the meal to make sure it fits in with your nutritional goals, and it doesn't fill you up for the rest of the day.

recipe corner

Soooooo.

Move on to this month's recipes, and we have to all three of these are probably our favourite sort of snack idea, our favourite dessert, and our favourite main meal, so far....

So much so that we've had all three of them at least four times over the course of the last month, trying them, testing them out, and just any excuse to have another load of it.

o we really hope you enjoy this month's recipes. Let's see your photos on our Facebook page.

We want to see as many photos as we can, and your feedback on the recipes, this is really important part. As we've said already, we can't out-train a bad diet, and these sort of recipes are really going to help you keep on track without feeling like you're eating the same foods all the time or boring foods.

We hope you enjoy.



Aoife-Mae's

FALAFEL PITTA

6 cloves garlic, peeled
1 can chickpeas rinsed and drained
30g fresh parsley leaves, tightly-packed
170g diced white or red onion
43g cup white whole wheat flour (or all-purpose flour)
1 tablespoon fresh lemon juice

1 1/2 teaspoons baking powder
1 1/2 teaspoons salt
1 1/2 teaspoons ground cumin
1/2 teaspoon black pepper
1 tablespoon of oil (we used vegetable oil)
For serving: pita bread, chopped Romaine lettuce, thinly-sliced red onions, diced tomatoes, or low fat hummous

Method:

1. Add garlic, chickpeas, cilantro, parsley, onion, flour, lemon juice, baking powder, salt, cumin and black pepper to a blender.
2. Pulse until smooth and evenly mixed
3. Put mixture to a bowl and cover with cling film then Refrigerate for 1-2 hours.
4. Lay a large sheet of grease proof paper out on a work surface. Remove the bowl with the chilled falafel mixture. Then measure out 2 tablespoons of the mixture, and roll the mixture into a ball. Place the ball on the grease proof paper, and gently flatten the ball slightly with your hand so that it is a little under 1/2-inch thick.
5. Repeat with the remaining mixture until all of the falafel disks are prepared.
6. Heat 1 kcal Spray on a frying pan over medium-high heat until it is shimmering.
7. Carefully transfer 4 or 5 falafels to the hot oil and fry for 2-3 minutes per side, or until both sides of the disk are browned.
8. Transfer to a paper-towel lined plate.

To make the pita sandwich, fill half a pita with chopped lettuce, red onions, diced tomatoes, a few falafel, and then top with tzatziki sauce or hummus.)

Roughly - 10 minutes prep
1-2 hours time to chill the falafel before cooking
10 mins to cook



Macros (per pitta with 2 falafel (mixture makes 8) /in a wholemeal pitta and lettuce leaves)
calories 183/337, carb 14.6/65.5, fat 4.5/ 5.7, protein 8/13.8

RECIPE 29

MEXICAN COURGETTE & TURKEY

2 medium courgette, sliced and quartered
400 Turkey Mince
2 garlic cloves, minced
1 (10 oz can) chopped tomatoes
1 tablespoon chili powder

1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon black pepper
1/4 teaspoon crushed red pepper flakes

Method:

1. Brown turkey with minced garlic, salt, and pepper.
2. Cook over medium heat until meat is cooked..
3. Add tomatoes and remaining spices. Cover and simmer on low heat for another 10 minutes.
4. Add the courgette. Cover and cook for about 10 more minutes until courgette is cooked, but still firm.

Macros (Serves 2):

calories 305, carbs 12g, fat 6g, protein 49g

Prep Time: 5 minutes
Cook Time: 30 minutes
Total Time: 35 minutes



Warning- can be a bit hot!
Cheeky suggestion - serve with side of mashed avocado to cool.

RECIPE 30



s approval of falafel

AVOCADO BROWNIES

1 large avocado
170g cup unsweetened applesauce
100g honey
1 tsp vanilla extract
3 large eggs

2 scoop of protein powder (chocolate or vanilla)
50g unsweetened cocoa powder
1/4 tsp sea salt
1 tsp baking soda

Method:

1. Preheat oven to 180.
2. In a blender or food processor combine avocado, applesauce, maple syrup and vanilla.*
3. Add these ingredients to a large bowl and whisk in eggs.
4. Add in protein powder, cocoa powder, sea salt and baking soda and stir until well-combined.
5. Line baking tin with greaseproof paper
6. Place in oven to bake for 25 minutes (slightly less for fudgier brownies or slightly longer for more cake-like brownies).
7. Allow to cool for 20 minutes before cutting into 16 brownies.
8. Keep them on the counter in an airtight container at room-temperature for up to 2 days or for a longer shelf-life store in the fridge or freezer.



Macros per serving (Serves 12):
calories 113, carbs 15g, fat 4g, protein 7g

RECIPE 31

August workout

So this months news letter workout, we're going to go through super sets.

So we're going to do two exercises back to back, 45 seconds each exercise, repeat them three times before we move onto the next two.

We're going to keep your pulse nice and high, and just have 30 seconds rest before you move onto that next set of two exercises.

1. Squat jumps or squats into push ups.

Squat Jumps - Ideally, want to squat down as low as you can, keeping the back straight, core tight, shoulder blades back, looking up, down nice and low, and then push up into a jump. If you've got any lower back problems, or knee problems, don't jump, just drop onto your toes, repeat that nice and fast.

Push ups, back nice and straight, even on your toes or on your knees, pressing up, all the way down, all the way up, hands just below shoulders, keep that back straight throughout the whole movement.

2. Sumo squats into mountain climbers.

Sumo squats- Feet nice and wide apart, toes pointing slightly out, sit down nice and low, hands behind your head, and then stand all the way up, squeezing your glutes or butt cheeks nice and tight at the top

3. Mountain climbers.

We're going to down the press up position, bring one knee up in between your elbows, keep it nice and fast all the way through avoiding too much bouncing, keep them hips the same distance from the ground as your shoulders are.

continued overleaf...

4. Triceps dips into glute bridge.

Tricep dips- Hands on the bench, sitting down. Bring your feet away from the bench, and then lower yourself down so you're bum touches the ground, and push back up through the upper arms. Feel that work in the back of the upper arms.

5. Glute bridge.

We're going to have the top of our selves back, and our shoulder blades on a bench, feet on the floor, drop your hops down to touch the floor, and squeeze your butt cheeks together, at the top pause for three seconds, and back down.

6. Strides into squat thrusts

Strides- We're going to go nice and fast, as quick as you can, keep those arms nice and straight, bringing one arm up, the other one down as quick as you can, stepping the front leg backwards and forwards alternating in between.

Squat thrusts - In that press up position, bounce those knees all the way up, the elbows both move together, and both back out.

Those avoid the impact <?>, step in step out. Nice and controlled.

So just to repeat, you've got those four super sets, and you do each super set three times before you move onto the next, 45 seconds each exercise.

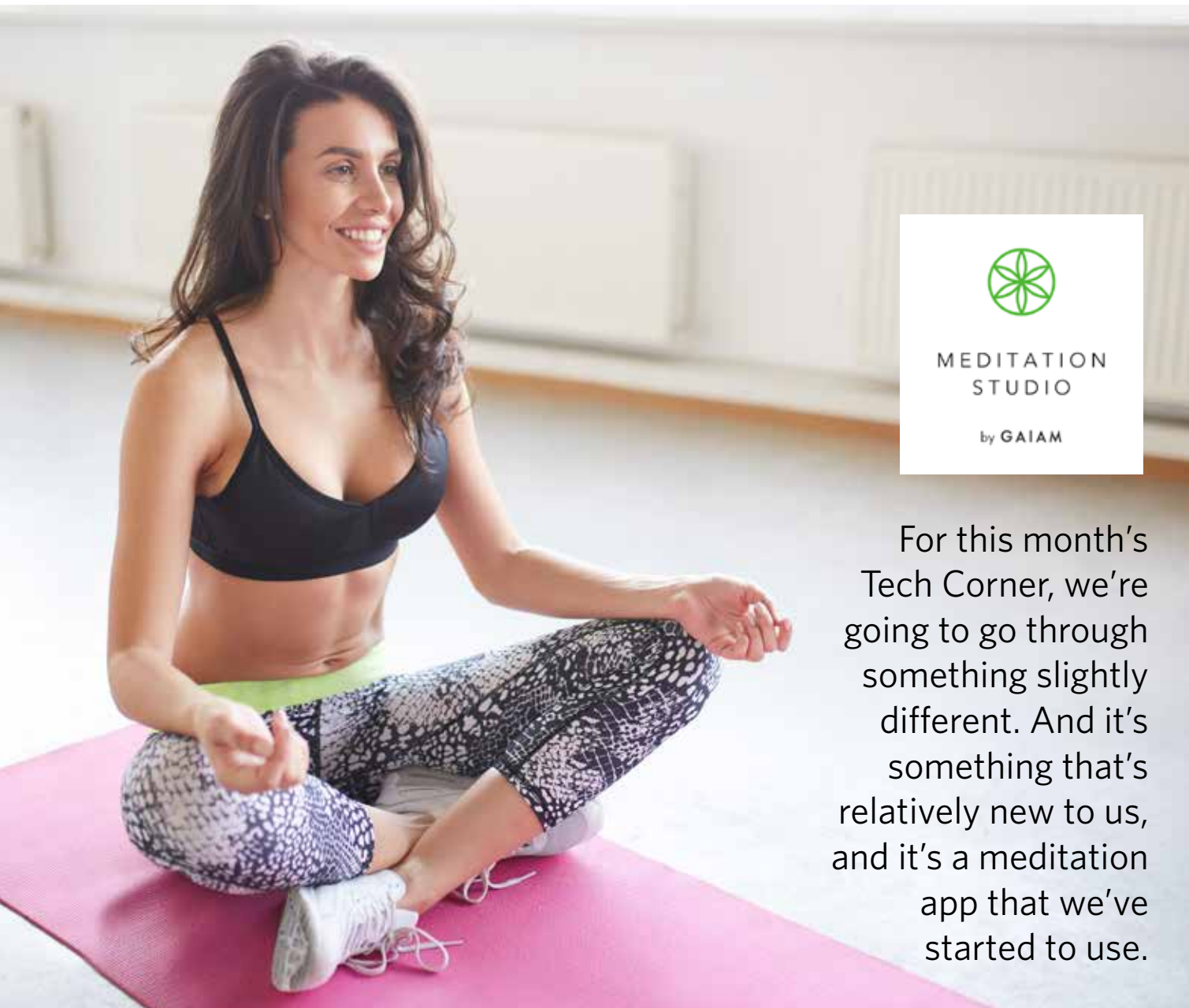
Enjoy it. Let us know what you think.

We'd love a selfie of this with us both tagged on it.

TECH CORNER

Meditation





For this month's Tech Corner, we're going to go through something slightly different. And it's something that's relatively new to us, and it's a meditation app that we've started to use.

When we first hear the word meditation, we think of things being a little bit coo-coo and a little bit up in the air because we have this internal resistance to the word meditation. However, when we look at it as deep relaxation, we start to approach it in a more positive way and can start to see the benefits that it's having on us already.

More relaxed • Clearer mind • More productive • Happier

And this app that we've got is a simple little tool that can really help you to relax when you find things are running away from you.

Downloading this app will really help add value to your day. There are various different programs, some of them start from just two minutes of relaxation, and ways and methods to really help you. Because we get it, life's hectic.

It's full on. You run around from pillar to post.

In fact, I'll let you in on a little secret. The other week I actually sat there and did a two-minute meditation in the toilet just so I could have a break, because life's hectic for me too. So download this app and try it.

I'm sure you'll really gain the benefits from it, and we'd love to hear your thoughts on it, too.

Monthly Focus

Journalling



So this month our focus for the month journalling, you keep a diary of your food and you may already know how that has changed your eating habits - well journalling your feelings and how the day has been is an awesome way of working on your mindset, get you feeling positive and on the right road towards those dreams and goals you WILL achieve but also helping to analyse what possibly could be affecting any results or negative thoughts.

As you know we talk a lot about daily rituals and the positive impact it has on both of our lives from a work point of view but also in our personal lives so we have that extra focus on what we want, why we want it as although sometimes thinking about how it makes you feel can give you a buzz, writing it down and seeing it written out really does take it to another level.

You may even surprise yourself about the “why” you want to achieve it after writing it down - they say your thumb and brain are connected so you can really find out more about yourself writing it rather than typing.

As you may already know through your own life experiences that sometimes life throws these obstacles at us, whether it's from work stresses, personal life stresses, past experiences or even hormones without writing a journal it's hard to see what were the exact triggers, how it made you feel and how you reacted to that and this can also be used in a positive way as well.

You've had a great day - well what made it a great day - because you wanna keep doing whatever made you feel so good.

So we really recommend to start journalling each day and it doesn't have to be long - it is just to write

- **how your day has been**
- **what happened**
- **how it made you feel**
- **did you do any activity how the diet is**
- **how are you feeling in general.**

So that in a month's time if you have had a good or bad month you can look back and see why it also helps to understand if maybe you didn't make the progress you were looking for you have a read back and see “oh yeah I had a lot of stuff going on” or “work was manic” stressful month” because stress does affect weight loss.

If you have lost your mojo and really can't understand why and rather than blaming yourself you can look back at the last few weeks and you may just spot the starting point and what exactly happened - maybe it was a comment from someone, or a busy weekend, a holiday which you may never have even thought of and this will definitely help prevent any form of negative feelings towards your own ability.

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...



@ellyhodgsonfitness

@ryanhodgsonfitness



ellyhodgsonfitness ryanhodgsonfitness

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