

Finding True Love

ISSUE 12 - SEPT 2016

We feel that September is another milestone throughout the year, and you start to see people find that it's easier to get back into routine, because the weather sort of starts to get back to being the normal, miserable, British weather.

I LOVE ME

The kids go back to school, and people start to look at setting themselves goals again. Sometimes it's before Christmas, to set themselves to get into a Christmas ball dress.

Or they just want to get back into a normal routine and start being a bit healthier again, and we get it. We completely get it.

But one thing we really wanted to talk about this month is about self love.

We spoke last month about journaling and about writing everything down, including the way that you're feeling and the way that you feel about yourself.

We are extremely strong believers in that fact that you need to love yourself now before you can love yourself in the future when you achieve that goal.

Or, before you can be fully committed to your goal, because you do need to love yourself and be committed to yourself from the very start. There's no point in saying I will love myself when I get to X, Y, or Z. Because reality is, that doesn't happen.

You never get to X, Y, and Z because you aren't willing to invest in yourself because you don't love yourself right now and that really is a shame...

However the fact that you're reading this newsletter means you are investing time money and love in yourself and you should appreciate yourself for being you.

Self love is one of the most important tools to have when it comes to losing weight sustainably and feeling good about yourself. That's why we are so big on this.

It's also one of the reasons why we see so many people struggling to lose the weight they have let creep on, because they don't see the value in investing time in learning to love themselves.

It's not something that will happen over night, again like most of the things we talk about, it takes time, it takes practice and we encourage you to dedicate time each day to perfect the art of loving yourself.

And by self love, it doesn't mean going around thinking you're God's gift. It could just mean giving yourself that time and making you are a priority.

We're going about this almost daily to you, yet not many people actually follow it through, because you have the fear of feeling selfish, and what other people think.

CONTINUED OVERLEAF

But you've heard us say it before, fit your own oxygen mask first. When you're in a position where you're loving yourself first, you can actually love other people better, and everyone else around you is going to benefit in the long run.

So please do spend time each day to put you first.

5-10mins

Five to ten minutes focusing on you. It doesn't need to be hours and hours a day, just a few minutes each day to remind yourself how valuable you are. How special you are, of your assets.

Idea is we want you to eventually look in the mirror and pick things you know are good about yourself, things you genuinely love because you do have uniqueness.

This can sometimes be quite scary and almost make you want to cry, because it is difficult if you are low in confidence. But we promise you, practicing this daily will give you a world of confidence.

Self love is something that in particular Elly has really struggled with because she always felt selfish, and had always been putting herself down throughout the whole of her life.

Always felt like she wasn't worthy and wasn't worth investing in herself. However, as soon as she started to practice self love, prioritising herself each day even if it was just for a short period of time, she started to realise how much better a parent she is, how much better a wife she is.

And it's something that should not be more shown by the fact that she's getting on stage this month for the first time ever.

Her confidence has grown ten fold. This would not happen if she had not been practicing self love.

So, please look at that and use Elly as an example to what has happened, and how self love can really boost your confidence in the long run.

We won't lie, when you first start practicing self love and trying to make it part of your mindset it won't happen overnight. It's going to feel extremely uncomfortable and you're probably going to start to question yourself and make it feel difficult.

However, persevere with it, have patience. It's like we say to you with the food side of things, like we say to you in the exercise, the weight loss, the mindset.

Everything takes a little bit of time and a little bit of perseverance. But one thing we're sure is, if you dedicate that time and start to love yourself you are going to reap the benefits longer term. So please, spend that time focusing on you and loving yourself. You're a great person and you should value that.

Love Yourself



Monthly Focus

This month's monthly focus is something that's really changed both of our lives since we started doing it. It's ultimately given us better sleep, increased productivity, and overall general mindset has been improved too.

It's all about personal development.

Spending 5 to 10 minutes each day reading a short amount from a book that focuses on mindset. As you know we are big lovers in the book *Loving What Is*. In fact, both of us have read it on numerous occasions. We got back to it from time to time to just read short parts of it because it really does help us focus our mindset each day.

We'll do this just before we go to sleep straight after our daily gratitude. It doesn't need to be hours and hours and hours. In fact, sometimes, the less you read each day the better because you can spend more time to absorb it. If you ever see a book that we have read there's lines and speech marks and highlighted over them because we like to use that to help us remember points in the book.

We will often write out quotes that we find useful and beneficial too. This month we will try and focus on personal development. Get yourself a book and we'll list a few books here that you can use as an idea too.

Get yourself a book and read 5 to 10 minutes every day.



You'll be surprised how much this will change, but don't just read the book. Absorb it as well. Take it on board and start to move forward with your life and your mindset.

Now another reason why we wanted to have this as your monthly focus was because it really fits in with self love. In fact, reading books on self love and self help are really good ways to help improve your mindset, develop you as a person, but also develop that love of yourself.

Connect with yourself, because we are all unique. There is no one way to lose weight, just like there's no one way to love yourself. We all need to find our own way of doing it, and it can take time. You don't fall in love with somebody overnight, it takes time. And it's the exact same with falling in love with yourself. Spend that time to do so. Spend that time developing your mind so that you can really start to progress in all areas. We often talk to people about diet and exercise and when we explain to them the importance of having the right mindset, they're almost brought to tears.

The thought of it. Because it's often neglected. We neglect ourselves in the mind because we think it's all about physical.

So we often talk about setting ourselves different goals and moving the focus away from solely weight loss, because we get that you often want to lose weight. We get that your weight might get you down, and ultimately, lower your confidence, and like we've already spoken about in this newsletter, stop how much you feel for yourself and how much you love yourself.

That's why we wanted to use the Couch to 5K app this month.

The Couch to 5K app is a great tool to help you work towards another goal. Setting yourself a goal of running five kilometres, even if you've never ran before. It's a great tool to help guide you from literally doing nothing all the way up to running a 5K in the course of a few weeks.

This can be a great motivator to help keep you on track. It can also be a great motivator to help you see that your fitness is improving, because like we say 99% of the time when you're losing weight and leading an active, healthy lifestyle, your fitness levels are also going to improve too. This just sort of justifies it and proves it in the long run. So if you're somebody that's hung up on weight and you really need to try and find other areas to focus on your progress too, this is a great tool.

Download the Couch to 5K and start it. Talk to us and let us know if you are going to set yourself the goal of running that 5K, and we'll hold you accountable. We'll keep you on track and make sure that you achieve it, and you achieve it in a safe manner. We are here to help with that.

The reason we like this Couch to 5K app is:

1. It's free.
2. It easily helps you build up from having never ran before to running 5K in eight weeks. And what's more, you only have to spare three lots of 30 minutes a week. So pretty sure you can dedicate three lots of 30 minutes over the course of the week in order to run that 5K. So if you did have a goal of hitting five kilometres and you want to do it over the next eight weeks, let us know.

We want to help you, we'll hold you accountable to it, as well as the app. The app is a great way and you can log your training, log your exercise and your times and it really does help keep you on track. It's step by step gradual so you go from having never moved before. It couldn't be much more simple.

Give it a go, download the app, it's completely free.



TOFU AND CHILLI RAMEN

BROTH

- 4 Chinese cabbage leaves, roughly chopped
- 3 celery stalks, washed and cut into large chunks
- 3 medium carrots, washed and cut into large chunks
- 2 spring onions, roughly chopped
- small onion, cut in half
- 4 garlic cloves, peeled and crushed
- large knob of ginger (50g), peeled and sliced
- a handful mushrooms, rinsed (we used porcini)
- a bunch of fresh coriander stalks, rinsed well
- 2 tsp black peppercorns

GARNISHES AND SEASONINGS

- cooked noodles (80 g per person (we used Protein Works diet Noodles))
- ½ head of broccoli, divided into larger florets
- 1 sweet potato, peeled and sliced
- a few mushrooms (we used small chestnuts), sliced thickly
- 200 g firm or extra firm tofu
- ½ raw garlic clove, finely grated
- a few extra slices of fresh ginger
- 2 spring onions, sliced



RECIPE 32

Method

1. To prepare the stock, chuck all the broth ingredients into a large pot (with a lid) with 2½ litres of water. Put the lid on and bring the stock to a gentle boil and then simmer for about 60 minutes.
2. Once cooled, put the broth through a sieve squeezing all the goodness out of the cooked vegetables.
3. Cut your tofu into equal size pieces. Place them in a shallow dish. After a few minutes, flip them to the other side to make sure it's seasoned evenly.
4. Bake your sweet potato slices and broccoli in the oven and sauté your mushrooms in a pan. Heat up your oven to 220° C spread sweet potato and broccoli on a tray ensuring that individual pieces aren't touching each other and bake broccoli for about 10-15 mins and potatoes for 20 mins.
5. To sauté mushrooms, heat up 1 tbsp of oil in a small pan, chuck in sliced mushrooms and sauté on a medium heat until soft and lightly caramelised.
6. Cook your noodles almost al dente according to the instructions on the packet. It's worth undercooking them a touch as they when they get immersed in a steaming hot broth they'll soften a little more.
7. Warm it up gently, you want to serve it hot but do not let it come to boil.
8. Place a cluster of noodles, a few bits of tofu, sweet potato, broccoli and mushrooms a bit of shredded kombu and dried mushrooms in each soup bowl. Pour hot soup on top. Garnish with sliced spring onions, sesame seeds and chilli oil if you like your vegan ramen

Macros per serving:

calories 279, carbs 38g, fat 12g, protein 18g

MACRO FRIENDLY SWEETIES (YOU WILL NEED A SWEET MOULD TRAY)

- 2 sachets of sugar free jelly
- 2 sachets of gelatine
- boiling water
- 150g Fage Total 0% yoghurt

Method:

1. Mix 1 sachet of jelly and gelatine with 140ml of boiling water.
2. Pour into moulds half fill - refrigerate 10-25 mins
3. Mix 1 sachet of jelly and gelatine with 140ml of water and 150ml of yoghurt
4. Pour mix over jelly mix in moulds and refrigerate until set.
5. Makes 15 sweets

Macros per sweet

calories 12, carbs 0.6g, fat 0g, protein 2g



RECIPE 33

Mindset Matters Most

Yeah we know you've heard it before but...

For us, mindset is something that we've always struggled with particularly before we moved into the online world and started coaching with our coach A.J. Mihzad.

We always questioned ourselves and what we are able to do. we had limiting beliefs and ultimately, they were preventing us from achieving our goals.

He helped us understand a little bit about the importance of removing those limiting beliefs. Only when he did that did we start to recognize that you, our clients too most likely have limiting beliefs.

You too have things that are stopping you inside your own mind, mental blocks that are preventing you from truly reaching your full potential.

As soon as we start to unlock that and work on mindset we start to see the REAL, RAW results that you deserve to achieve and they'll improve over night. That's why we really want to stress the high level of importance of getting the mindset right from the very start.

Our thought process is that when set yourself a weight loss goal, you need to remember the reason why you want to lose weight. And ultimately, no matter who you are, the reason you want to lose weight is to feel better.

It might be to feel better physically, it might be to feel better mentally, emotionally.

However, it's to feel better. Therefore, we see no point whatsoever in you trying to set yourself a goal that's going to physically, emotionally, and mentally ruin you.

There's no point in you trying to do something that you know won't work longer term.

It's important to always remember that the mind and body work together. We cannot do one without the other working with it. So please don't try to focus all on the body which 90% of people trying to lose weight do. We are here to help you with it.

Make sure you spend special care and attention to getting the head in the right place before you even start anything else because ultimately only when you have that mind in the right place is the body ever going to get what it needs.



NEW MINDSET

You can try and do it the opposite way round but we can assure you, the mind is a lot more resistant to change than the body. That's why it's even more crucial that we get that right first. Take your time, be patient, and follow the daily rituals. You will achieve them goals with time.

So the reason why we want you to do the daily rituals (from newsletter a few months back now) is look at it from this angle. We want you to start the day in control not just one day, but every single day.

In control of your mindset, in control of your thought process, and ultimately, in control of your day to day lifestyle. Now only when you do these daily rituals can you start the day already in control. We have seen a significant difference between people who achieve their goals and those who don't is ultimately being in control. Being in control of what they eat or control of their exercise, control of their lifestyle, or control of their mindset.

You need to have control of all of these and by doing these daily rituals, it's going to help you get in the right frame of mind to bring your goals to the forefront of it, every single day.

We do this and it becomes habitual. Then being in control becomes habitual too, over time. Because ultimately, we see time and time again people trying to get through their day and then gain control. Whereas if you start the day in control, it makes it a lot easier for you from the offset.

When we start looking at mind set and begin to dig a little deeper into your thoughts and where they come from. You're probably not going to like what we've got to say. But we want you to have a little step out and think about the reasons why you might not like it.

We want you to read it, so we'll put it down twice.

You are a direct result of the lifestyle you've led.

Like we said, we will say it again....

You are a direct result of the lifestyle you've led.

So by this, we mean you cannot blame external factors for your current situation now. If you have a bit of weight to lose, it's ultimately nobody's fault but your own.

Now, that doesn't mean that other factors couldn't have impacted on where you are right now. However, choices you've made, things you've done, have got you in the position that you're in right now, like it or not.

Once we start to accept that and understand it, you can start to look into a little bit more depth as to how we can begin to make sustainable changes.

Once you've accepted that you are in the current position that you are in right now because of your actions, and only your actions, we can then start to look onto what you're going to do to change it.



NEW RESULTS

Now that we've established that you are responsible for where you are right now in your life and with your current weight loss goals, you will surely agree that you are responsible to move forward with these goals.

That's where we now need to start to train our brain to think differently. Because ultimately the way your brain has been thinking over the last however many weeks, months, or even years, is what made you in the shape you're in now.

Therefore, if we want to lose weight and feel better about ourselves, we need to train our brain to think like somebody who is happy with their weight and how they look and feel better about themselves.

This can be tough particularly as you probably are really low in confidence right now. But again, we hate to break it to you, that's only down to you, so we're going to start to go over a little bit more depth of how we can start to train our brain just like we would any other muscle group.

You can then start to train your brain to think differently. As we've said, it's not an overnight thing. This is something that can take months, sometimes years, to do until it becomes natural or 'the norm'.

Once you start changing these thoughts, you will be able to think more positively, naturally, even if its for a short period of time. This is then going to help you to move forwards day in, day out. That's why we have our daily rituals.

Often when we discuss mindset for the first time with clients, the first thing that pops into their mind is it's going to be all about motivation and ultimately a little bit 'happy clappy'.

However, this is not the case but we must admit that up until about a year ago we thought the exact same thing. We thought that mindset was all about just making negatives positives and pretending that everything is ok all the time. But this is not the case.

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.



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