



HAPPY NEW YEAR...

This month is a bit of a bumper pack and in fact it's going to help you get realistic and sustainable.

Ok, so since starting in the fitness industry we see the same thing every year - the same status about:

- "new year, new me"
- "this year is my year"
- "I'm going to lose weight this year"

And we really do love the motivation people find, but (you knew the but was coming right?) they go about it all wrong.

- **Training 5 or 6 times a week**
- **Eating salads every night for dinner**
- **Not drinking alcohol**

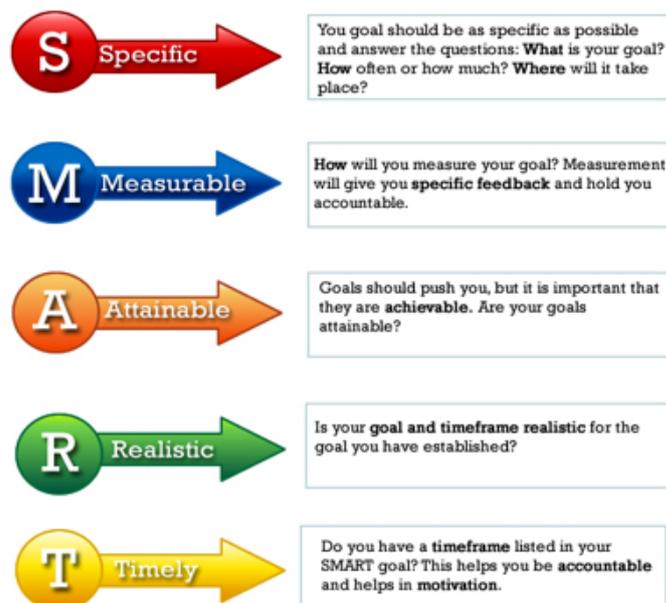


Then they begin to realise that they can't sustain it and then the weight they lost in January is back on by the end of Feb and they blame the diet, or the gym they trained at, basically anything apart from themselves.

But it really shouldn't be like that, in fact it's all about setting targets monthly rather than for the year, as a year is so far off and so much can happen.

We want you to set a monthly target and build on that, that way you will be able to gauge your progress as you go through the year, and it'll be sustainable.

So when we are setting goals, we want to make sure they're SMART, and smart goals are the best way to make sure it's possible.



SMART

So as you see can there is quite a bit to think about, but once you set your **SMART** goal you are really ready to make it your year.

Then once you have a goal, **don't forget it!**

Make it a priority, in fact we believe if a goal is important to you it'll still be there in December – you know us, no quick fixes whatsoever...

What we want you to do is...

Weigh yourself and let us know if it's changed much so that we can help you get your calorie goals right to start with and we will take it from there.

So lets get down to business....

what are you going to do?

In the Hodgson household we have made a New Year's resolution (well 2 in fact) to make sure we take Alfie for a walk 7 days a week without fail as we know sometimes we are guilty of not taking him out when the weather isn't good, so it'll increase our activity - and to try a new, healthyISH meal at least once a week, as we are very guilty of sticking to the same foods every day and we know its not great for Aoife-Mae, and that's it.

FOODIES worst nightmare....

Ok so January is like the worst month there is for those that love their food. Us included because we have had several occasions that involve eating and drinking rubbish so we let it slip...

What's more by having the more relaxed diet and eating way too many carbs then trying to cut them back to a reasonable level only one thing will happen...

We'll crave them even more

and it's completely normal to do so, we're giving you two things to work on and if you focus on getting these two things right, not just this month, but every month you'll continue to

- lose weight
- tone up
- feel better about yourself
- increase your energy levels.

So, the two things are...

Get the calories right. So once you have your calorie goal right, the priority is to be as close to it as possible. Simple weight loss theory is we need to burn more than we consume, and get it close to the 500kcal deficit we work on you'll burn more fat and less muscle and water off :D:D



Get the protein right!

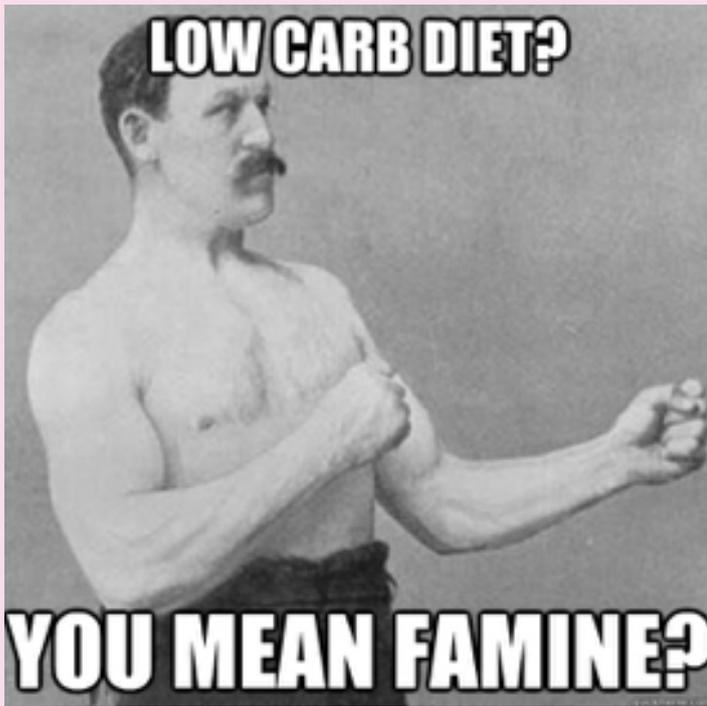
The reason that getting the protein right is so important is because it's essential for cell regeneration which helps aid recovery and also because protein takes longer to breakdown so you'll feel much fuller for longer. Then make the rest of the calories up with carbs and fats, it's not as vital to get these 100% right as long as the calories and protein are right.

don't cut the carbs

So what if it's January! In fact if you're training more, then your carbs are even more important.

We know that dropping the carbs can really speed up the weight loss, but the fact is, most of that weight isn't fat, and is in fact water.

So without going too sciencey....



Every gram of carbs your body stores in the muscles (and it will store a fair bit to be used which is totally a good thing), holds on to 3 grams of water.

Which is exactly why going low carb will give you quick weight loss. But then, when you revert back to a good amount of carbs, you'll hold on to the water again meaning a quick increase in weight and all that low carb was a **waist** (see what we did there?) of time.

So stick to the plan, get your calories and your protein right and make the rest up with carbs and fat and remember you've the Hodgsons looking after you so please, please, please ask for help if you need it!

the whole Detox thing

That's right we're going to talk briefly albeit about detoxs because we know there is a massive market out there of people trying to get you to start the year with a detox and lose 14lbs in 2 weeks and things like that.

But here's why we don't want you to detox...

Your body does in fact have an in-built "detoxer" cunningly described as a liver...

and it does a great job at removing toxins from our bodies. The best way to "detox" is to just try and keep away from processed foods for a few days and increase your water intake and it's really as simple as that. No need to go for the... 21 day detoxes or Kale shakes.

Remember our newsletter about water?



Its even more important this month.

Monthly Focus

it's all in the 7 P's

Planning
Prior
Preparation
Prevents
Pi\$\$
Poor
Performance.

(Ryan got this from when he was in the army!)

So this month we want you to plan your way towards a successful month.

So for us we do this on a Sunday and Wednesday, we get the protein bits ready for our lunches and cook our rice.

Then breakfast we always have the same thing (porridge with a scoop of protein).

Dinner is protein and veg but lets get prepping.

And Tag us on Facebook and Instagram so we can see your prep work we would really appreciate it.

plan Plan PLAN.

A Model Day

Ok so we have been asked a lot by you for what an ideal day would look like, so we thought we would outline a model day. We won't put portion sizes as this depends on your own specifics which we can help you with if you need it.

BREAKFAST

Porridge and protein shake (get yours from nutritionx.co.uk for 20% discount, code is HODGSON, only for our members.)

MID MORNING SNACK

Low fat yoghurt and a handful of almonds.

LUNCH TIME

Tuna and Rice (or pasta).

MID AFTERNOON

Rice cakes and peanut butter.

DINNER

Steak/chicken breast and vegetables (basically some protein and a bit of carbs).

The details

Now remember this is just what we say is an ideal day, however you can make stuff fit into your diet as long as you P-P-Plan, like December's newsletter about putting in meals out, if you want a bit of 'bad' food put in on myfitnesspal and assess the damage and work around it. We are here to help you with that every step of the way (that's not our motto for no reason).

Information gatherers,

We have been very guilty in the past of 'information gathering' where we buy books, programs and various other methods of information which we have to be totally honest...

...we didn't use!

So another new years resolution of ours is to start adding value to ourselves by actually using the information we have at our disposal.

And this newsletter is the same, are you using the information and tips in it?

The workouts when you need one to do at home? Because we want to know if its worth its while? Tell us.

recipe corner

TASTY ORANGE CHICKEN DRUMSTICKS

8 chicken drumsticks
1/4 cup honey (we use Rowse light honey)
1/3 cup of orange juice
3 cloves of garlic
1 inch piece of fresh grated ginger
2 tbsp orange zest
1 tbsp desiccated coconut
1/2 tsp balsamic vinegar
Salt and pepper for seasoning

Method:

1. Combine all ingredients (excluding the chicken drumsticks) and whisk;
2. Season the chicken drumsticks and pour the sauce over the chicken drumsticks
3. Place on a tray and cook in oven for 30 mins on temp 200.

Nutritional Value (per serving - 2 drumsticks):

266 Calories, 28g Carbohydrates, 22g Protein, 7g Fats

Our serving suggestion is to be accompanied with some Waitrose Chargrilled Frozen Veg.



MONTHLY WORKOUT...

45 seconds of each exercise with 15 seconds of high knees before the next exercise.

1 - the plank

2 - press-ups

3 - squats

4 - tricep dips

5 - alternate lunges

6 - crunches

7 - step ups

8 - walkout press-ups

9 - wall sit

10 - bicycle crunches



RECIPE 7

LOW CARB PIZZA

- 1/2 large head of cauliflower grated
- 1 large egg beaten
- 1 1/4 cup low fat mozzarella
- 2 tbsp grated parmesan
- Salt and Pepper for seasoning
- 1/4 cup tomato sauce
- 1 cup of cherry tomatoes
- 2 cloves of garlic

Method:

1. Line a baking tray with baking paper and preheat oven to 200.
2. Grate the cauliflower and put in microwave for 5 minutes or until soft
3. Beat the egg and mix in the cauliflower with the parmesan
4. Press into tray and place in oven for 10 - 15 minutes (until golden)
5. Top pizza with tomato sauce, mozzarella and cherry tomatoes
6. Place in heat for 10 minutes.

Nutritional information per serving (serving suggestion 1/2 pizza and add chicken on top)

351 calories, 20g Carbohydrates, 24g Protein, 10g Fats



RECIPE 8

NUTTY YOGHURT

- 125g Natural Yoghurt (we use Fage)
- 1 teaspoon Honey
- Handful almonds
- 1 scoop whey protein

What to do with it:

1. Put in a bowl and mix up, and its ready to eat.

Nutritional Information:

311 calories, 24g Carbohydrates, 33g Protein, 11g Fats



RECIPE 9



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