

HUMP MONTH!

So it's now what we like to call hump month.

For most it is the hardest month of the year to remain motivated, us included, but believe it or not you help us stay on track and remain motivated every day...

It's cold...

It's wet and...

It's miserable,

and to top it off, the momentum that was brought into the new year has more or less evaporated, just like the sun seems to have right now too.

You know the feeling right?

And it's even more difficult because we know we face another month or two until it starts to warm up and things start to seem a little more positive.

However you're still going with the goals you set in January, because you're with us :D even though its hard to remain motivated at this time of year, we are here to hold you accountable and try and make it a little fun too.

You're still making the progress you want, right? (if you're not why not... drop us a line) and there's loads to be positive about, the days are getting longer (slowly but surely), the evenings getting lighter, and its only a matter of time until the summer is here and those that allowed 'hump month' to hinder their progress will wish they'd kept going strong.

They'll wish they had:

- Stayed committed to the diet
- Resisted the extra 30min in bed and just trained
- Done something that was sustainable to them

But that's just what you're going to do because this month we're going to play a bit of a game (more on that inside).

When most people revert back to the old habits that got them back to where they were at the end of the year, you're going to keep smashing it day in day out, and if you're not we are going to hold you, or even drag you up to see the progress you want and deserve.

Because we know that the only way to make real progress is to show up day in day out and make them changes in the right direction. It takes time, dedication and commitment to alter habits longer term. In fact, in our experience, weeks 4-7 of a new routine or habit are the toughest that's why we are asking you to FEEDBACK to us, whether it's how well things are going...

or even with what you are struggling with, because that's why we are here to help you find solutions and make sure it's a sustainable change and not a forced change you know you wont be able to maintain, week,s months or even years down the line, so that in the summer you are feeling...

- Better about yourself
- Slimmer
- More energised
- More confident
- Fitter
- Happier

Without feeling like you've gone into the summer at the end of quick fix which has made you feel worse (we have seen that numerous times, in fact we've even helped people do it in the past).



monthly focus

This month we are going to play a game!

You need to earn points each week.

1 point, for **6 days without alcohol** (that's right you can have a drink one day a week)

1 point, for **at least 3 workouts** (this doesn't include walking, more on that next)

1 point for **2 brisk walks at least 20 minutes long.**

1 point for **tracking your food and being under your calorie goal** every day.

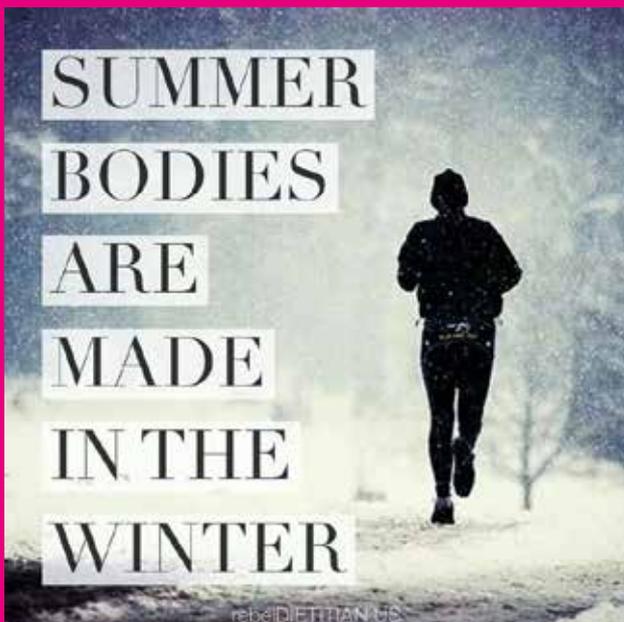
1 point for at **least 2 litres** of water every day

So 5 points a week up for grabs, we should all get 20 points this month. Lets hit it hard.

We are playing this game with you too.

On a Sunday we will be asking for scores to check up!

Ryan and Elly x



lunchtime workout

get your workout in during lunch with this 20-minute circuit!

5 minute warm-up (treadmill, elliptical)

- 50 jumping jacks
- 10 burpees
- 20 walking lunges
- 10 burpees with push-up
- 20 seconds mtn. climbers
- 10 isometric mtn. climbers
- 45 second wall sit
- 10 hindu push-ups
- 10 v-ups
- 8 hindu push-ups
- 8 v-ups
- 45 second side plank

beginner: complete one time
advanced: complete 2-3 times

recipe corner

HEALTHY BURGER & CHIPS

Quorn mince meat
1 onion
Wholemeal rolls
Garlic
3 large potatoes

1 cal spray
Lea and Perrins
Salt and pepper
Italian seasoning
2 egg whites

What to do with it:

Mix in a bowl the chopped onions, mince meat, 1 table spoon Lea and Perrins, and season to taste.

Chop potatoes into chip shape.

Pre-heat oven to 180 degrees and cook for 30mins

Place chopped potatoes in an oven tray and spray with 1 cal spray

Put the mince mixture into burger shapes and fry on a high heat with 1cal spray and cook for 8-10mins.

Place burger in the bun and serve with the chips.

Nutritional Information:

Each serving provides (4 servings):
279 Calories, 36g of Carbs, 5g of Fat, 16g of Protein

Ok so Ryan's favourite meal is so we decided to make a healthy version. Makes 4 large burgers



MONTHLY WORKOUT

Do this 45 seconds each exercise and 3 times arounds for a good bodyweight leg session, booty building we'll call it.

Walking lunges

Split squats left leg

Split squats right leg

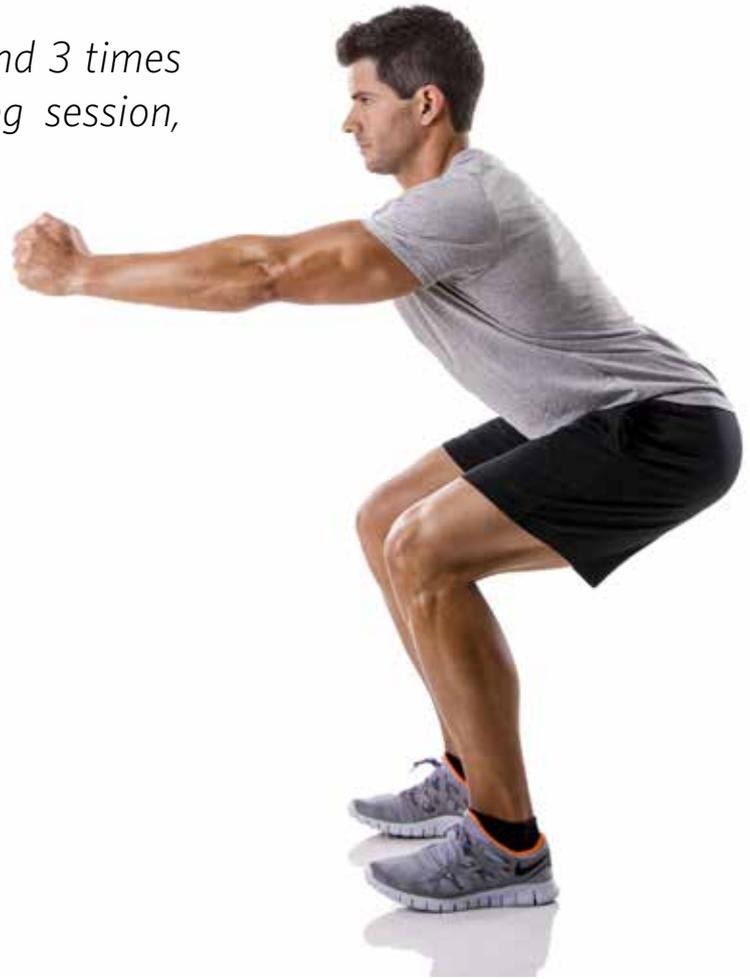
Squat jumps

Glute bridge

Goblet squats

Left leg lunge pulse

Right leg lunge pulse



burger and chips
version of it so here goes.
and potato.



RECIPE 10

PROTEIN BROWNIES

2 scoops protein powder
15grams cocoa powder
2 eggs
30grams coconut oil melted
30g apple sauce
50grams honey light
1/4 teaspoon baking powder

What to do with it:

Pre-heat oven to 160 degrees
Grease or line brownie tin
Mix together all ingredients until all combined
Pour mix into tin and bake for 15-20mins.
Optional extras add nuts or chocolate chips
(this will affect the nutritional values below)

Nutritional Information:

Each serving provides:
125 Calories, 11g Carbs, 5g Fats, 10g Protein

We've seen loads of these out there but have found them
a bit carb heavy. This one will fit in well and makes 6 servings.



RECIPE 11

So topping Hump month off you're probably feeling a little tired too after putting so much into January.

So we thought we would give you some simple tips to help you get through those days where you're getting that CBA feeling.

Tip 1 - Water - (of course) keep drinking plenty of water, ideally cold water to keep your energy levels and alertness up. As always drink more, and with our Feb Game you will be drinking 2 litres a day already right? ;)

Tip 2 - DON'T RUSH FOR SUGAR - that's right its an easy habit to fall into going for the quick sugar fix to get more energy. Sugar may give you a short boost to your energy, but a hour or two later your sugar levels will drop quickly making you feel even lower in energy.

Tip 3 - Caffeine - can be a good way to get a boost to your energy and it also has been linked to increase your metabolism too (Ryan actually wants to like coffee). Just don't drink late in the afternoon or evening, and certainly don't have it as a substitute to food.

Tip 4 - Eat Enough - We find most of you are significantly under your target calories, making sure you eat enough will give you more energy too :D when losing weight we have you on deficit already so going lower will only reduce your energy levels even more.

Tip 5 - Fresh Air - That's right having plenty of fresh air can give you a real boost to your energy levels and get the good endorphins going too. Plus helps clear your mind if you're having a bad day (or your other half is driving you crazy :D)

Tip 6 - Workout - that's right having a good workout can also get endorphins flowing around the body giving you a 'Buzz' as always keep the workout intense and the rest periods short.

Just remember to talk to us if none of these work, sometimes it can be deficiencies in certain nutrients that may be worth considering. The body is a clever thing and finds ways to tell us things.

**eat
less sugar**

**{ you're sweet
enough already }**

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.....



**@ellyhodgsonfitness
@ryanhodgsonfitness**



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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