

# “mindset” {*noun*}

a set of beliefs or a way of thinking determines one's behaviour, outlook and mental attitude.

## **MINDSET MONTH...**

Okay, so this newsletter's going to be all about mindset and the importance of it. We often talk about exercise routines, diet routines, and now lifestyle but forget about the one thing that's probably even more vital than all of that, and it's mindset.

Often the mindset can be the **BIGGEST** barrier we face and we don't even know it. That's why we decided to go into this, this month.

Something we've learned the hard way sometimes is that if our head's not in the right place, we can't stick to the plan. We're not motivated to stick to it and we become overwhelmed and the self-doubt kicks in.

I (Ryan) have struggled with his mindset particularly over the last few months, just before getting rid of Fit Body Jersey, and I get counselling on it, to help me cope with the self-doubt, the pressure and stress I put on myself, I can flip a switch and be the most positive person when it comes to helping you work towards your goals, but when it comes to working towards mine...

I struggle emotionally and work myself psychologically into the ground with it that's why we know even more now how important it is to get the mindset right.

We find there's a few different tools that we can use to help us get in the right mindset and start to see a little bit more positively. And it's not about being all 'happy clappy', like some coaches out there are, it's about being realistic and sometimes just trying to stay in a positive mindset when it's not always easy. So we're going to give you a few tools to help you remain positive around the clock.

Mindset is something that we have both struggled with in the past, particularly when Aoife-Mae was born, because we had a huge priority shift and our lifestyle changed, and the way we prioritised things literally changed overnight.

We started to put barriers in the way by saying, if this happens, we'll get that done. If this happens, we'll do that. It was only when we employed our own coach and he helped us with our mindset did we start to say, when this happens, we'll get that done.

**When  
When  
WHEN**

## its all in the mind

As soon as we started doing that, we realised that we were achieving our goals much quicker than we thought we would and there was never any doubt. There was never any doubt in us achieving our goals or if we were going to get there because it became a when, and it was literally over night that this happened.

It was a given from the offset that we would achieve our goals. The mind is such a powerful thing that when you convince yourself something you will believe it. No matter what it is, over time.

The first thing we want to do when we start looking at our health and fitness goals and what we are required to do to achieve them is, change the I need to do this to I want to do it, because reality is if you don't want to achieve your goals, you're never going to, even if you know you need to do them for health reasons or you need to do them for your family.

Unless you want to do them, it's never going to work. In fact, we're contacted quite often by people who want us to contact their other half and we won't do it, because if we have to do the leg work based on their partner wanting them to do it, we know that their mind set's not going to be right to even start.





So we want to make sure that your mind set is right from the beginning of this month, and we're going to get it right all the way through. Focusing on getting that mindset shifted from I need to, to I want to, because if you don't want to do it, you're wasting your time.

As humans we will only do what we want ultimately, in fact Elly and I have had people's other half's contact us about their partner and wanting them to lose weight, and we've even explained to them how important actually wanting it is.

The next thing we want to look at is changing ifs to whens. So we often hear people saying if I lose that weight, I'm going to buy this dress.

That's where we want to shift that to when I lose that weight, I'm going to get that dress and put a date on it. Okay, we've automatically committed, we've had a more positive thought on it.

We do notice a big difference in the results people get just by their mindset, those that are certain of it, and already saying when x,y,z are getting the results much quicker and experiencing much less resistance when going for it too.

Increasing our commitment level to ourselves and to the other people around us when we put a date on things and we change that if to when. We'll start to see these two key things are going to make a massive change to our goals and our likelihood of achieving them. AND that's without doing any extra work.

NOW we don't expect this to change over night, because truth be told it takes a long time to remove these subconscious limiting beliefs and thoughts, however if you can pause yourself when you do say if, and correct yourself, you WILL make that change.

Getting those around you on board can help with that too.

# MONTHLY FOCUS

This month, we're going to focus on both things. Every week we're going to start to set goals and we're going to put when in front of them instead of if. So **we want to hear from you**, every single one of you, to send us an e-mail. The subject will be **when, not if**, and you're going to give us four things. We want to do four things that when this happens, you're going to tell us what you're going to do. Okay.

## Tech corner



This is the first month that we are doing a tech Corner. This is where we'll go through one piece of software or an app, or a bit of equipment that you can use to help improve your progress or simply track it. The first one we think it's right that we start with My Fitness Pal. The reason we find My Fitness Pal such a good app, there's so many things you can do on it. For us, the only thing we really do on it is track our diet. As we know, 80% of the results come from diet.

### Things to know about My Fitness Pal:

Making sure that the foods that you input are correct. So by this we mean when you put in a piece of food, check that there's proteins, carbs and fats in it and not just calories, because sometimes these can be inputted by people who haven't input all in nutritional values, and that's really important. Obviously, you want to make sure that protein, carbs and fats are as accurate to what you're actually eating as possible.

The next thing we start to look at is making sure that we have adapted our calories, based on what we've told you, rather than just putting in what the app tells you once you put in your weight, as that can sometimes tell you to keep the calories a little bit too low, compared to what we think is safe.

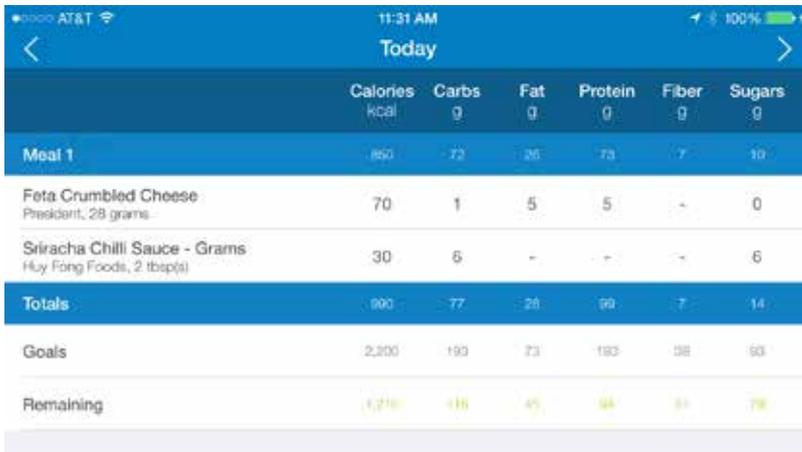
A cheeky tip when you are using my fitness pal and you're cooking something from scratch is to put the recipe in first. Once you know what a portion size is, work it all out, and then you can adapt the recipe slightly based on that.

So what we actually find is sometimes when we're having something that's got fats in it, we might reduce some of the oils we use or some of the other things to keep the fats down and protein high.

Once we start doing this it becomes almost fool proof to get the macros correct according to your goals. If you aren't hitting your macro goals it probably means that we're not planning correctly.

## Portion Size

It sounds kind of obvious but make sure that the portion size you put in is actually what you're eating. Example - a portion of peanut butter will be 15g on MFP however we know most of the time we would eat a much larger portion. (weighing things can really make it bang on).



	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	Sugars g
<b>Meal 1</b>	860	73	26	73	7	10
Feta Crumbled Cheese President, 28 grams	70	1	5	5	-	0
Sriracha Chili Sauce - Grams Huy Fong Foods, 2 tbsp(s)	30	6	-	-	-	6
<b>Totals</b>	900	77	26	99	7	14
<b>Goals</b>	2,200	190	73	182	38	60
<b>Remaining</b>	1,276	113	47	83	31	46



## Exercise on it

With my fitness pal, you can put your exercise in and it will tell you roughly how many calories you've burned.

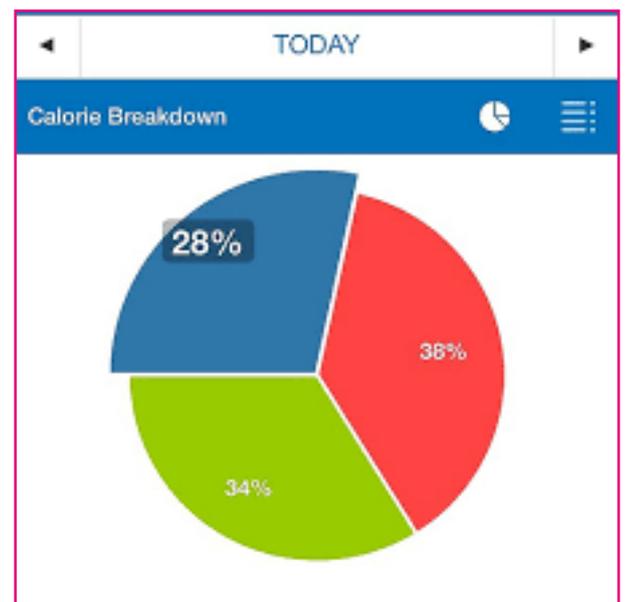
However, we do advise not to do this for one simple reason. We've already calculated your daily calorie expenditure based on your lifestyle. So we've calculated that in your daily total calories, and sometimes putting in your exercise can make you feel like you need to be eating more calories than what you should be.

## Pie Chart

On my fitness pal, it's easy to get hung up on the pie chart, which tells you the percentages of proteins, carbs, and fats. We do have most of you working on a 40/40/20 basis on this.

However, we suggest focus on the grams of proteins, carbs, and fats, and get them as close to being right as possible, once we get the grams right, the percentages will fall into place anyway.

However, if you're unsure on this, this is where we're here to help you. Ask us questions and we'll go through it. Look at the picture, and it will show you how to see the grams of protein, carbs, and fats that you should be having a day, versus what you had so far. This is an easy way for you to then start to adapt your portion sizes, or know if something like a protein shake would help get your percentages bang-on and the grams as well.



So get working on the my fitness pal and it all falls into place remember diet is 80% of the battle.

# MONTHLY WORKOUT...

*This months workout is a bit of a marathon workout and is sure to get the sweat going and the heart pumping.*

- 1 - squats into squat thrusts
- 2 - tricep dips into high knees
- 3 - mountain climbers into step ups
- 4 - Alternate lunges into side to sides
- 5 - press ups into strides
- 6 - stair run ups into calf raises
- 7 - crunches into burpees



## recipe corner

### PROTEIN FLAPJACKS

Something easy and fun that you can make and take on the go with you. Low in fat and good protein too.

- 160g Porridge oats
- 1 Scoop Whey protein
- 50g apple sauce
- 40g Dates
- 35g Almond Butter
- 14g pumpkin seeds
- 120ml unsweetened almond milk

#### Method:

1. preheat oven to 175 degrees
2. in a large bowl mix porridge oats, protein and pumpkin seeds
3. Mix all the wet ingredients in a separate bowl
4. add both mixes together then fold in the dates
5. Put on grease proof tray and press
6. Cook for 18-20mins

#### Nutritional Information (Makes 12 small bars):

Each serving provides: 104Kcal, 12g carbohydrates, 3.5g fat, 5g protein



## RECIPE 15

### HOME MADE CRISPS

We have put this based on feedback from some of you, and we've used a vegetable used away from potatoes such as carrots, beetroot or...

- 3 medium sweet potatoes
- Low calorie spray
- Cayenne pepper
- Salt

#### Method:

1. Slice potatoes with a mandolin or use a knife
2. Place potatoes on a tray and spray with 1kcal spray, make sure you spray both sides.
3. Line 2 baking trays with grease proof paper.
4. Arrange on tray and sprinkle with flavouring and bake for 20mins on 180 degrees.
5. Then turnover and cook for a further 15-20mins or until at desired crispiness.

#### Nutritional Information (Serves 4):

Each serving provides: 80Kcal, 18carbs, 0.5g fat, 2g protein

# Dealing with negativity

We thought it was fitting, as this newsletter is all about mindset, that we went on to cover a little bit more about negativity because negativity can take over a large amount of a person's mindset, especially when you have struggled to achieve your goals in the past.

We can become overwhelmed and dragged down by negativity without even knowing it. So, here we're going to put a few tips to give you to help you cope with negativity and notice it and recognize it so that it doesn't affect your progress towards your goals.

Because this newsletter is all about mindset, we thought it would be really important to share with you a book that has really helped Ryan over the last 18 months over -- get over his negativity.

It's a book called 'Loving What Is' by Byron Katie. Loving What is, is in essence a self-help book and it's about us questioning our thoughts, because it's very easy for us to just believe our thoughts because we've thought them.

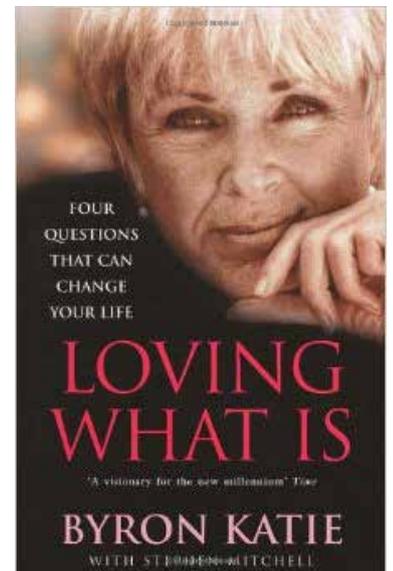
However, once we do the work, we can start to realise that the thoughts we have are just that, they aren't reality. Let me put into perspective and we'll go through the four questions that are the work. Then the reversal too, which will make it clear things aren't as bad as they appeared.

We have to be honest, before starting the work, it was something that Ryan had a lot of hesitations about because he thought it was a little bit 'happy clappy' (for lack of a better word) and something that wasn't for him because you do actually have to do it yourself and you do have to follow it through.

After doing it for a while, like the points in the previous pages on this newsletter, it can become a habit and become much easier and you start to realize that the thoughts that you're having aren't necessarily true. I'm going to start with the first question now.

When starting to work, we use a notebook to get started. And what the first thing to do is to write down the negative or overwhelming thoughts that you have. These negative thoughts could be something really simple like 'She's really annoying me because she's so rude.' Then we're going to start commencing the work which we will do on this comment.

contd...



ound loads of ideas and you can even change the barsnips.



## RECIPE 16

### PROTEIN CHEESECAKE

- 360g lightest cream cheese
- 360g fat free yoghurt
- 2 large eggs
- 360g sweetener
- 2 and 1/2 scoops protein (we use vanilla flavour don't forget you 20% discount on nutritionx.co.uk)
- 1 teaspoon vanilla extract

#### Method:

1. Mix all the ingredients in a bowl.
2. Line a cake tin with grease proof paper
3. Bake in the oven on 165 degrees for 30mins
4. Turn the temperature down to 100 degrees and bake for a further 50 minutes.
5. Chill then enjoy (we let ours chill overnight)

**Nutritional Information (Serves 6, unless Ryan sized portions):**  
Each serving provides: 165Kcals, 13g carbs, 4g fats, 23g protein

Ryan is a sucker for a cheesecake so we searched high and low to find a nice high protein cheese cake and we found this one. We hope you like it.



## RECIPE 17

She's really annoying me, and she's so rude to me too.

### Question 1 - Is it true?

Is she really rude? Is she really annoying?

### Question 2 - Can you absolutely know that its true?

Is it a fact that she's rude and annoying or is this just an opinion?

### Question 3 - How would you feel without that thought?

This is the best question of the lot for us, because the thought is bringing you negativity, if you didn't have the thought would you still feel negative?

### Question 4 - Can you see a reason to drop that thought?

Now if you did the above right the answer to this will always be yes, and you may feel less attached to the thought that she is rude and annoying.

## The Reversal

This is where the magic happens because you can often be made aware that what we really see is a mirror or a reflection of ourselves.

So we can swap she's/he's with I, for example

Shes really annoying me because she's so rude

I'm really annoying her, because I'm so rude? Could this be true?

Here's a link to do the work, and if you do try it please do let us know and we would love to hear your thoughts on it.

[Thework.com](http://Thework.com)

This is definitely the hardest tip, however for us it's definitely the one that will make the biggest difference and it is **removing yourself from negative people**. This can be difficult, however, we often find that there are people around us that never have a positive thing to say. Once you can limit or remove time with them, it can become a lot more positive environment for you.



### 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](mailto:newsletter@hodgsonfitness.com)

*Ryan and Elly xx*