

Wow. Oh, wow. What a year it's been!

That's right, we're in the last month of the year already and it is, without a doubt this is just about the toughest month of the year for most when trying to lose weight, tone up and feel better about yourself.

The social occasions will be constant. The food, the drink and the constant running around is going to seem almost endless.

But, this month is all about maintenance for most and that's what we want you to think about.

The average person puts on between 6 to 10lbs in the month of December.

If you can continue to maintain your weight, even, your six pounds better off than most. That's why we are urging you to not focus on the weight, to just focus on trying to keep things ticking along as best you can.

We are going to start to change things slightly from January because we want to make things even more fun and even more applicable towards your lifestyle.

So, we're going to introduce a couple of new things, which we will let you know over the course of that month.

Our main message this month is simple. Don't stress about what you can't control. if you only take this away this month we are happy.



Goodbye
2016!

Focus on what you can control

I know, we focus on this every single month.

However, it's even more important this month not to stress about what you can't control because there's probably going to be more in this month that you can't control than any other.

Things to think about and make more progress or minimize the amount you step backwards can be.

Increasing the amount of activity because this will mean you can eat slightly more without it throwing you backwards.

The enjoyment

That's right, enjoyment.

These things -- this word is not normally used when it comes to working towards your goals however, as we often say, life is all about enjoyment.

We want to try and enjoy things as best we can, and that comes to even when it comes Christmas, so enjoy the food that you're eating and please do not suffer with guilt.

Yes, there are ways for you to minimize the effect and impact that Christmas Day has on you.

For example, going out and being active in the morning. We will, as a family go out for a brisk walk with the dog, Aoife-Mae will probably be on her scooter, we might even be able to wake Ryan's mum up early as well because she's coming to visit.

Anyways... it doesn't have to be doing that.

You can just completely relax Christmas Day, put your feet up and then get back on at Boxing Day. We personally still track our food on Christmas Day just so that we can be aware of exactly what we're doing.

We'll just forget about the balance and focus on the calories and know that if we've got a deficit we can eat over that.

It's all a game. What's your score.

I should probably already recognise now, that we're going to run the game on a weekly basis.

We want to be working on your scores out of 5 every day. 35 points up for grabs every single week.

And the reason why we wanted to run this now and it's going to be a solid part of our program is simple.

We know it will me keep motivated, because if all we have to do is these five things every single day, and you know you're going to be working towards your goals.

And, remember those little steps every single day, they're going to get you much further along the journey than trying to make big leaps and bounds it's more sustainable.

So, the five points are very simple.

1 Daily rituals. We suggest doing these at the start of every day. Focusing on your goals, get a journal an expensive one that you're going to value. Then write what your goals are and reflect on them and become attached to them.. And what's important to do towards those goals.

It could be three little simple steps that you need to do that day that are for you.

2 30 minutes activity. So we want you to be working active for 30 minutes. It could be anything from swimming, walking, cycling, even the house work. If your hear rate is elevated 30 minutes that's the point. But should be easily manageable to do this in your lifestyle, without feeling like you've got to go to gym where you have to go out running every single day.

3 Will be an exercise, we will change the exercises every few weeks to make it varied or different, but you'll be setting yourself a target that's challenges you, you need to do a certain number of reps to that every single day, to get that point.

4 Planning and inputting in advance. So we want you to be planning you food and to put them in myfitnesspal in advance to make sure you get that point. The reason why we want you to do this is in advance is because we know if you put your foods in before you eat it, you can choose whether you actually have it and if it's going to throw you out. Remember, if you're not assessing you're guessing. So we want to make sure that you are putting it in advance.

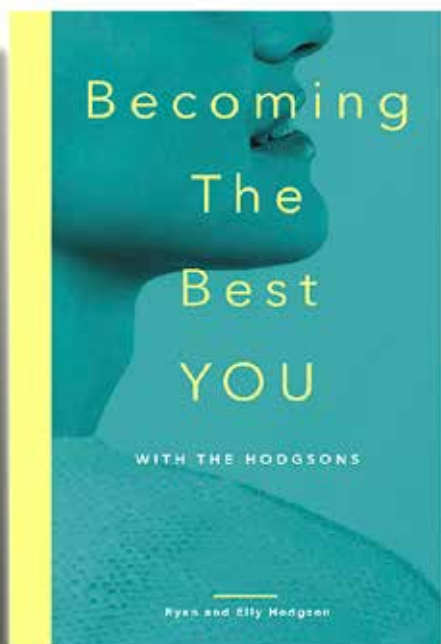
5 Photos of your foods. We want photos of your foods every single day so we can see, and we can help give you portion size and we can have a look at exactly what it's looking like for us, also inspires us. Because at the end of January, we start prepping our food can sometimes get a bit boring. So by seeing what you do really helps keeps us motivated too. It also makes you aware of portion control knowing we will visually see it too.

The Best You with the Hodgsons

As you know this month we've got the launch of our book coming out and would love your support on this. If you buy the kindle version and give us a 5* review we will send you a hard copy :D

That's right, we might even sign them for you too.

All the proceeds are going to go to mind.org which is a great charity that helps people suffering from mental health and those around them. A charity that's really close to our heart because it's helped Ryan throughout his challenges with mental health.



Because we don't do January sales.

We don't do January sales, as you know we've made it quite clear from day one. We very rarely do promotions to try and get people to try us on the cheap.

And that's to be fair to you guys, and make sure that you don't pay for something that someone else could get cheaper.

However, we did run a Black Friday offer where they could pay for a month and then not pay until the 1st of February, as long as they paid for that first month up front.

So we wanted to offer you a way to get some months free, and that's where we want you to refer friends to us. That's all we ask you to do, is drop us an email with any friends that you think might be interested. Obviously, ask for their permission first.

If we end up signing them up on one of our programs, we'll give you a month free. There's no limits to how many months you get free.

So if you've got colleagues at work, friends, family, we want to know if they're interested and we can help them. We want to help more people in 2017 than we did this year.

So we would love for you to refer people to us, you can even let us know and we will give you a template to start a conversation with us and them.



MONTHLY WORKOUT

So for this month's workout, with it being Christmas, we're going to try and make it a little bit of fun and a little bit more of a challenge because we're probably going to be consuming more calories, so **why not burn more.**

That's right, we just want you to be burning more calories than you're consuming.

So we want you do this workout **12 days throughout the month of December.**

We're not making you do them over the 12 days of Christmas because we know that might not be practical for you.

However, we do want you to do 12 days over the next month.

And there's going to be 12 exercises and you're going to do 12 reps of each one, nice and simple.

So we want 12 of each exercise and you're going to do it 12 times over the month.

Let's make it tough, let's make it a challenge- time yourself and try to better than time each time.

You're going to be doing 144 reps each workout.

Let's have fun with it, let's see you sweaty photos on Facebook tagging us on them. We really want these to try using social media because we know it helps you stay accountable.

We will post the workout in the group on the 1st.

So the 12 exercises are:

- 1 Squats.
- 2 Burpees.
- 3 Press ups.
- 4 Step ups. (choose something high)
- 5 Tricep dips.
- 6 Alternate lunge.(one each leg is 1 rep)
- 7 Plank to press.
- 8 Crunches.
- 9 Sumo Squats.
- 10 Raised press ups
- 11 Alternate high knees. (1 of each knee up is 1 rep)
- 12 Squat jumps or floor to ceiling squats..



MONTHLY FOCUS

So this month obviously with it being Christmas, we want to try and make it something super simple for you to stay on track throughout the course of the month.

So for this month, we want your monthly focus is going to be easy.

1. We want you hitting 2 litres of water a day. If you have an alcoholic drink, or a caffeine-based drink, we want you to increase your water by one cup per drink.
2. We want you to get at least 8,000 to 10,000 steps a day, that's every single day. So tracking all of your steps. Make sure that you're hitting 8,000 to 10,000 a day. It's a good way to make sure that you are maintaining some form of activity level throughout the course of the month.

And that's it. We really wanted to keep it that simple this month. Let you go get overwhelmed and fit in more and more things to do.

But we would still suggest trying to keep your daily journaling in and obviously trying to hit all five points every single day, as part of the game that we are going to be playing on a long-term basis.

So we are in business now.

RECIPE CORNER

EASY INDIVIDUAL PROTEIN CHEESECAKES

THIS IS A FAVOURITE OF RYAN'S, EASY TO MAKE, GOOD SOURCE OF PROTEIN AND NO ACTUAL COOKING :D

- 3 scoops whey protein
- 250grams low fat cream cheese
- 60g sweetener (we used stevia)
- 6 x rice cakes

Method:

1. In a bowl mix the Whey protein, cream cheese, and sweetener.
2. Put a serving of it on a ricecake and enjoy.

Macros per sweet

- 180kcal
- 25g carbs
- 5g fats
- 17g protein



RECIPE 37

HIGH PROTEIN LOW FAT SPAG BOL

THIS IS A FAVOURITE OF RYAN'S, EASY TO MAKE, GOOD SOURCE OF PROTEIN AND NO ACTUAL COOKING :D

- 1 pack of Turkey Mince (your could also use a meat free option)
- 1 Tin of Chopped tomatoes
- 2 tbsp. of Tomato Purée
- 1 Onion
- 2 Carrots
- Italian Seasoning
- Bay leaves
- Courgetti (can be homemade if you have a spiralizer)
- Low calorie spray

Method

1. Spray in pan low calorie spray and fry off onions and carrots
2. Add your mince (you could use left over turkey from Christmas)
3. Add chopped tomatoes, puree and seasonings.
4. Leave to simmer
5. Serve with Courgetti

Macros

Calories: 231, Carbs: 12.4g, Protein: 23.5g, Fat: 8.4g



RECIPE 38

CHRISTMAS INSPIRED PROTEIN BALLS

Ingredients (makes 14 balls)

- 1 and 1/2 scoop of protein (we used vanilla)
- 40g Oats
- 1tsp Cinnamon
- 50g Whole nut peanut butter (can use any nut butter)
- 4 tsp Cocoa powder
- Desiccated Coconut (decoration purposes)
- 3 tbsp water

Method

1. Mix all dry ingredients in a bow (excluding coconut);
2. Melt nut butter and then add to dry ingredients;
3. Add water then roll into ball;
4. Sprinkle coconut on plate and roll the balls so that they are covered;
5. Refrigerate up to 2 hours.

Macros (per ball)

Calories: 75, Carbs: 6.6g, Protein: 4.2g, Fats 3.5g



RECIPE 39

Preparing For January.

As we've already said, we know that December a manic month. There's so much to do and there seems to more and more to do.

But we're going to give you one more thing to do.



We want you to think about your goals for next year.

Spend 10, 15 minutes focusing how did the year go for you this year.

What went well, what didn't go so well, and what could you improve on.

Then, looks towards next year.

Where to do you want to be a year from now?

AND WHY??

We want to hear from you as well, so please email us and let us know what your goals for the whole of next year.

We don't really want to think about just a January goal, but we want to make sure that you're prepared before January so that you hit the ground running from the 1st of January.

We don't need to get to January and think I've not even thought about my goals for the year, yet.

So take the few minutes, plan, think about it and review.

Because it's very rare that we review how the year went, so you're not setting yourself the same goal as you did last year because that goal didn't get achieved for a reason.

And most importantly, talk to us, we want to be able to help.

So if you got a goal and you've got something in mind that you think you might want to work towards, but not sure how to go about it, we are here.

We're coaches and want to help you.

Remember it doesn't just have to be health and fitness related.

Often having goals that focus on other areas of your life can really help keep the balance too and really help keep you occupied and you'll find your physical results will come with that.

THE HANGOVER...

So as you know, we really, really want and encourage you to enjoy yourself over the festive period.

To us, that means not avoiding alcohol and not avoiding your favourite foods. But let's talk a little bit more about not avoiding the alcohol.

As we always say, a calorie is a calorie.

We've mentioned in the past that there are 7 calories per gram of alcohol.

So as you can see, the calories will rack up quite quickly if you are out in the sauce.

However, please don't under eat the day that you're drinking.

Sounds funny, but we've had clients in the past that said they kept their calories low during the day, because they're out in the drink that night.

That's only going to end one way, and it's probably your head in the toilet at the end of the night, or even earlier.

So for us, the important things are make sure you keep your carbs nice and high during the day.

That's going to keep your blood sugar levels nice and high and make sure that you feel it, you're not going to be low in energy, and ultimately get drunk a lot quicker.

Make sure you drink plenty of water during the day that you're going to drink, even if you can drink in between drinks to a glass of water and in the evening.

Make sure you put a glass of water by your bed before you go out, so you don't forget when you get home.

Then, the next day, how to deal with the hangover is the most important part.

Rule 1: Don't feel sorry for yourself. We want you to get up, eat something ideally high in carbohydrates and fats. That's right, high in carbohydrates and fats so that you can make sure that that's going to help soak up the alcohol and metabolise it much quicker.

Rule 2: Drink plenty of water and try to get a double dose of vitamin C. We have this first thing in the morning if we're hung over, and that really helps us get rid of it.

Rule 3: Then lastly, make sure you get out and do some activity.

Keep active.

Try and go outdoors, get some fresh air so you can move through your head and get rid of that hangover as quickly as possible.

These are just the sort of tips that we found really held fast, and that's why we very rarely do suffer the hangover if we do have a drink



Are you Anxious?

So as you all probably know by now, Ryan does suffer with anxiety and depression. Has bouts of it and... over the last couple of weeks he's noticed an episode where his anxiety has been really elevated.

And we have been quite worried about this because everything is all good, or should be about so got his blood pressure tested, and his blood pressure was sky high. And his heart rate was racing.

We have to wait until January to go back again and get it re-assessed. However, we also have heard a few of you contact us and say that you have also been suffering with similar sort of things and we know it's completely normal.

In fact, it's more common than you think to suffer of anxiety and feel anxious for no apparent reason. But just know that that's the way you're feeling.

So we thought we'd give him some things that Ryan probably should do, but perhaps doesn't do as much as he probably should. So the first thing we want to give you is get some time for you.

Take some time out, focus, switch your social media off, switch all forms of communication off, and make sure you have some personal time to regroup and think about yourself.

Next one that Ryan does do quite often is write out how he's feeling.



Write out literally everything. Just start writing. Pen to paper. Anything that comes into your head.

Then throw that piece of paper away. And that's almost like you're trying to throw the anxiety away. And it does help Ryan for a short period of time feel a little bit better. However, we know it's not something that will cure overnight.

So please, if you are feeling anxious, just remember it's completely normal, and you can talk to us. We'll try and help you as best we can. We're not experts in this, but Ryan has gone through it and is going through it quite a lot at the moment. So a key message behind this is talk to us. We are here to help and that's what we want to do.

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