

# Time is Marching on!



Hey, so we're now into March now and we're in the thick of the year and it's going to start to get towards spring and then summer before we know it.

What's more, two months is completely gone and evaporated from the year.

So we want you to think about what progress have you made, because we know how easy it is to just get her up and draw -- working from day to day, week to week, month to month, without sitting down and recognizing and appreciating what progress you've made so far.

Now, of course as with all we do we don't just mean progress with your health and fitness, we mean progress with your life, progress with your family, progress with your relationships, and ultimately any form of progress.

## ARE YOU HAPPIER?

And the reason why we want you to think about this progress so much is because we want you to appreciate yourself and appreciate what you've done.

Because it's not done often enough and we know every single little achievement and every single little piece of progress is worth celebrating.



So have a think about it. Spend 5 to 10 minutes to think about what progress you've made in the last couple of months.

And it also perhaps re draw up your goals, look at what your goals are and how you can adapt them to make sure that they're realistic and make sure that they are still going to challenge you.

For example, if you had a goal for December by the end of the year, are you 1/6 of the way there already.

If not, do you need to adapt something?

Or do you need to pick up your work rate and do a little bit more for it?

Not sure?

## ASK US.

## HORMONES

We all have them, every single one of us, even men.

They do play a massive role on our ability to lose weight, and in general, our ability to function in life.

They can be responsible for us having a bad day then going for the wrong types of food, or even just for us craving the wrong foods in large portions.

So that's why we really wanted to talk a little more in depth about hormones and making sure that yours are intact, to make sure that you are doing the best you possibly can to help with that.

What we all need to do now is have a look, are you journaling, if not, this is something that can really help you, particularly when it gets to that time of the month if you find that you're always binging on food, you can start to recognize patterns. When you recognize patterns, that helps you adapt and overcome these things before they've even happened.

Because we often say that prevention is better than cure.

One thing that we do always say, when it's getting towards that time of the month, or for another reason you are really, really craving certain foods. Let's look at the diet, see are you lacking something, or see if we need to increase that type of food.

Because if we do it consciously, it's going to help us to become more aware of our body, but also it's going to help us remove the guilt.

Because when we associate the guilt, that adds stress to our body.

That stress is going to create a hormone called cortisol, and that's going to affect every single part of our body from our digestion to our ability to lose weight, and ultimately, long story short, it's going to make us not feel good at all.

Of course all of this is about feeling good.

We always say having protein with all carbs will help keep sugar levels regular and that will help control hormones like insulin which has a role in weight loss, and also having plenty of good vitamins and minerals is ideal too, in fact we recently swapped to the Protein Empire Gold Multi Vitamins and they seem to be pretty good nutritionally really good.

## Coping mechanisms:

So as we mentioned, hormones play a massive role and also with stress levels going up and down throughout the course of the year. We wanted to share a few coping mechanisms that we hope can help you to even reduce stress, or sometimes even prevent it before it happens.

The first thing, again, we often say is journaling. Journaling everything, how you feel and what's going on so that you can start to learn these trigger points before something happens.

That's right, we would need to hopefully be able to see half of them before it happens. However, if you do get stressed, here's some things that we found worked for us, so some of you that we've worked with for some time.

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### 1. The brain dump

On a piece of paper, jot down or write down every single thing that's going through your head at the time, when you're feeling stressed, what you're stressed about, what's going on. Literally just write. Spend a few minutes writing it all out, then tear that piece of paper up and throw it away.

What it's doing is helping you remove that emotional attachment to those feelings. That's going to help you get rid of them and throw them away. It's almost like your throwing your thoughts and feeling in the bin because they are just thoughts and feelings and not necessarily your reality.

Because, remember, thoughts become things that we carry on thinking about it.

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### 2. Meditating

Although we don't really like using the word meditating. Sometimes just go into a quiet room which is what was going to be practical.

And if you can go to a quiet room, spend 10 to 15 minutes and switch it off. Think about your goals, focus on your goals, and hopefully that will help reduce the stress levels overtime.

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### 3. Try to get some fresh air and a walk.

That will really help get endorphins going if you can just get out for 10 minutes. Get out, fresh air and remove yourself from the situation that's causing you stress.

Because, 99% of the time, we do find we stress as humans about things we cannot control.

And doing so can be crazy when you think of it like that. If you were to say out loud, I'm going to stress about something I can't control, you'd probably laugh at yourself. So, try these methods. Let us know if one of them works for you. We'd be really interested to hear.

# MONTHLY FOCUS

We want you to focus on yourself this month.

No, seriously!



So, you need to find something to do for yourself each week, a completely selfish moment or 'thing'.

Now, we know it might seem like there's a million miles away from you doing it, but we really want you to commit to this because it's something that's going to add so much value to you and how you feel about yourself.

It could be something as little as if you never get a chance to have a bath in peace and quiet, making sure you do that once a week, or it could be getting your nails done, it could be getting your hair done, anything.

But, we want you to really commit to spending a bit of time for yourself each week, forgetting about everyone else, forgetting about the world, forgetting about all your goals, even.

So, just half an hour each week where you can focus on just you and relaxing.

if this is something that may prove difficult, ask someone close to help you, PLEASE.

## Zero calorie syrups

We often find one of the toughest things when you want to have a dessert and something sweet but still to try and keep the calories low is desserts. And it can sometimes get quite bored and feel like you're eating the same foods day in and day out.

So we found zero calorie syrups a really good way to help get that sweet thing and give you a better variety without racking the calories up quickly.

We've used two different types in the past. We used My Protein and we also used Wallden's Farms.

These are really just syrups that have been made that have literally no calories in them if you keep to the serving size or they're just trace calories. It's really minimal. And it's something that we actually add to -- we've added it to porridge.

You can put them on rice cakes, you can put them on toast.

You can add them to all kinds of recipes.

They're really just something that adds a little bit of virtually without you feeling like you're completely eating the same foods day in and day out, or avoiding anything sweet.



## My Fitness Pal pie charts.

So we have noticed when we're putting the My Fitness Pal pie charts in the group every evening, that we are often finding we're getting hung up on the percentages of the proteins, carbs and fats.

Which partially could be our fault, because we have said we want you to try and hit, for example 40% carbs, 40% protein, 20% fats for the majority of you. However, we only want you to hit that percentage provided you've hit your calorie goals.

So by this we really want you to be focusing more on the grams of proteins, carbs and fats, to make sure that when you get your calories right, you've got the percentages right after that.

So what we mean, you want to roughly have one gram of protein per every one gram of carbs, which is fine. But we want to make sure that you're hitting the right amount for you, and that is specific to you.

So, what we can do is go onto the nutrients on My Fitness Pal and then look at the top; you'll have nutrients, macros, and calories. We want you to choose the nutrients, and that will show you how many grams of each type of nutrient you have left.

Now, that said, if you haven't hit your calories or got close to, but you have no fats left, and you know eating tuna and rice is going to bring you up by three or four grams of fats, as well as the proteins, carbs that you need, still eat them. It doesn't matter if you're a couple of grams over on one thing, as long as you're a couple of grams under on another, and it all balances out so the calories are right and you're roughly within a couple of percent of each macro, we're really happy with that.



# RECIPE CORNER

## GUILT FREE CARAMEL SHORTBREAD

- 400g light condensed milk
- 60g protein powder (vanilla preferably)
- 80g Oats
- 1tbsp protein works zero syrup
- 50g dark chocolate chips
- Light spray

### Method:

- Set aside 150g of the condensed milk. With the remaining condensed milk make into caramel (we poured the remaining milk into a bowl, placed that bowl into a bowl of water, cover with tin foil and place in oven 150 degrees for 1.5-2 hours)
- Whilst caramel is cooking - make the base with the oats and protein and blend to make a flour like texture. Add the 150g condensed milk saved and the syrup and blend until stuck together.
- Press the based into bottom of a square tin and place in fridge to set. Once Caramel is ready set aside to cool for 5 minutes
- Pour caramel over the base and place in fridge for a further 5 minutes. Melt the chocolate and pour over the caramel and place in fridge for 90minutes to set.

Makes 20



Macros: Calories 96, Carbs 16.3g, Fats 1g, Protein 5.4g

RECIPE 43

## OATY CHICKEN

- 2.5 chicken breasts
- 100g Oats
- 1tsp cumin
- 1tsp paprika
- 1tbsp chilli powder
- 1/2 cup Low fat Milk
- Low calorie spray

### Method:

- Preheat oven to 180°C
- Cut chicken into strips
- Mix oats and spices and seasoning together. In a separate bowl pour milk into it and dip the chicken into the milk and coat with the oats.
- Place in baking dish and cook for 45 minutes.

### Macros (serves 2)

Calories 411, Carbs 32g, Fats 10.5g, Protein 36.1g



RECIPE 44

## HOMEMADE PROTEIN BARS

- 55g Protein Works zero calorie syrup
- 30g protein powder (we used isolate - low carb protein)
- 15g coconut flour
- 25g chocolate chips
- 5g mini marshmallows
- 5g Rice Krispies

### Method:

- Method Heat the syrup in pan until it bubbles Mix in protein powder and almond flour and transfer to sandwich bag straight away and knead to form a firm dough.
- Mix in your Choice of goodies and mound into bar shapes. (Makes 3 bars)
- Put in fridge for 1 hour.

### Macros

Calories 78, Carbs 7.2g, Fats 2.3g, Protein 6.7g



RECIPE 45

# MONTHLY WORKOUT

## 10 10s.

That's right, this month's workout is going to be 10 sets of 10, with 10 exercises.

So, what we want you to do is all 10 exercises, 10 reps each, and repeat it 10 times in a circuit format.



- EXERCISE ONE:** squats. (feet hip width apart, toes facing forward, core tight shoulders back and sit down to knees at 90 degrees)
- EXERCISE TWO:** press ups. (on toes or knees, core tight, hands shoulder width apart, chest fro the ground and press up)
- EXERCISE THREE:** alternate lunges (one in each leg is one rep) (stand feet together, step forward with one leg keeping back straight, and drop down till the back knee touches the floor then stand up through the front leg)
- EXERCISE FOUR:** squat thrusts (in the pres up position, bounce you feet up toward your chest and back out)
- EXERCISE FIVE:** high knees (one in each knee is one rep) (pick knee up to chest alternating, can advance to a sprint with it)
- EXERCISE SIX:** tricep dips ( on a bench or chair, sitting the edge with hands over the edge knuckled facing forward, move feet away and slowly edge forward taking your bum off the seat, then lower bum down in from of the seat and push up using the arms)
- EXERCISE SEVEN:** step-ups (one in each leg is one rep) (use something high, step up and back off)
- EXERCISE EIGHT:** mountain climbers (one in each leg is one rep) ( in the press up psotion, bring one knee up towards your chest then back down then the other up towards the chest)
- EXERCISE NINE:** sumo squats (feet wide apart, toes facing out, core tight sit down nice and low, then stand back up pushing through the heels).
- EXERCISE TEN:** full burpees (from standing hands above head then down into a squat put hands on the floor bounce feet out and then back in then stand up again hands above head).

## LOGICBASED DECISIONS

So we are as humans already emotional as it is, then when you throw in the added challenge of trying to make progress with your goals...

Emotions can really really take over.

And when emotions take over it's not usually a 'logical' decision we will make when it comes to-

- Commitment,
- Training,
- Food,
- Sleep,
- Drink

Everything emotions can affect decisions we make.

### And by this we mean...

If we are making an emotion based decision all the logic in the world would tell us it's the wrong decision, examples-

- feeling tired, emotions are high, the extra time in bed is the emotion based decision, but logic tells you, getting up the normal time means you'll have a more productive day rather than playing catch up. feeling emotional and go for food in seek of feeling better emotions say, it'll help, logic says, in fact it won't help and could start a vicious cycle.

And there are many more.

But what we do is look at what decisions we are making on a daily basis and assess them.

Are the emotion based decisions?

Are they logic based decisions?

And at this time when we are in prep for the finals it's easy for the emotion based decisions to slip in so taking time to assess can really help limit the emotion based decisions we make.

## DISCOUNT CODE CHANGE



We have had to renegotiate our discounts with Protein Empire which has meant we are now only able to gain a 15% discount however we do hope that you still find this a great deal.

**So please use discount code:**

# HODGSON15

on [proteinempire.com](http://proteinempire.com) and they're getting a new isolate whey which is a lower carb shake which we are really looking forward to trying.

### 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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*Ryan and Elly xx*