

Think about it February



February is one of the toughest months of the year because the momentum for January, or the buzz for January, has almost died down, the weather is still not great and it's like, what do we have to look forward to?

Plus, we've got another month or two of miserable weather before it starts to get any better.

That's why this month is even more important to keep ourselves aligned with our goals.

It's even more important to do our daily rituals, do our daily gratitude and ultimately keep ourselves focused on the bigger picture.

So that's what we want you to do this month: we want you to really focus on your goals, why they're important and what you're going to do to achieve them.

Think about it this way, 30% of those people who started their January goal have already quit.

They've already given up and accepted the fact that they failed to achieve their goals. Not you, you are still going strong and this is the start of the lifestyle or perhaps carrying on with your lifestyle of improving yourself.

Then, we also want you to think about now a few things that are more sociable into you lifestyle if you didn't do them in January because we know that a lot of you decided to keep yourself almost out of social situations so that you can relax and enjoy doing the dry January, but we really do feel it's important that you have some social occasions.

Perhaps relax a little bit with things and aren't too harsh on yourself, because this is a lifestyle. We say it every month.

We say it everyday, keep your lifestyle balanced and you'll be able to sustain it longer term.

Having a break

So as you know, we went skiing last month and had an absolutely amazing time away.

But one thing we really found was it was a great thing for us to really switch up and unwind a little bit.

Of course we were still doing bits of work, we did take our laptops and spent a bit of time each day, but made a conscious effort to switch off a little from work and ultimately give ourselves a bit of peace of mind that we knew we were getting a break.



But what it has done?

Well its really fueled the fire to give us more motivation to get back into things now.

And that's something that we need to think about now, is how long have you been purely focused on one specific goal. Has it been quite a while?

If so, perhaps give yourself time to focus on the different type of goals for a month or even a couple of weeks, can help you increase your motivation.

So for us, we also set ourselves relationship goals as well, which are our relationships with each other and our relationships with Aoife-Mae.

So for us, that week was all about family relationships, and ultimately helping us build stronger bonds and increase our relationship with each other.

So we focused on our relationships goal.

So that's what we'll really think about. It doesn't mean you completely switch off, but what we did do was have slightly less time in the gym and spend a lot more time being active as a family.

And it's really given us the world of motivation and what's more...

We did still make progress with our work and health and fitness goals despite them not being our main focus.

Remember, if you've been working at something for months and months, a week or two, isn't going to undo all your hard work. But what it might do is increase your motivation, your energy and your passion towards achieving that goal.

So we know that February is a hard month.

That's right, we know February is a really one of the toughest months for most people.

The motivation and get up and go can sometimes disappear because it's no longer January.

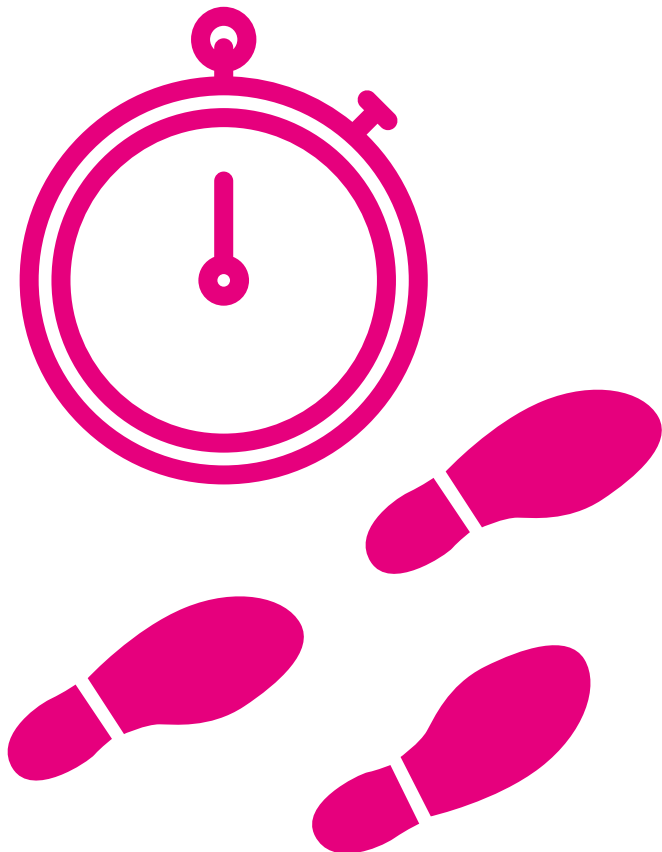
That's why we really want you to think about a distance that you can set yourself, and the method that you're going to use.

If you'll be trying to run 100km, as was one of our members, Katie, set herself for January, and that's what gave us the idea.

It could be just trying to swim 100 lengths over the course of the month.

Or as a few of you have already indicated you're going to do is trying to step 280,000 steps over the course of the month. So 10,000 steps a day.

That's why we want you to really think about this, is so that you can keep motivated. But it also means over the course of the month, as you have a bit of a slow and steady week, you can pick it up the following week to really make up for it.



FEBRUARY FOCUS

So February's monthly focus, would be a bit mad not to have it focused around traveling to a set distance but make it a challenge for you.

So what we want you to do is write out what your goal is here and how far it's going to be, and then break it down.

MY GOAL

So how far do you need to travel every week?

How far do you need to travel every day.

And break it down bit by bit, and then keep a tally of it.

We are going to be giving everybody some sort of spreadsheet to help you with this so you can keep track, keep accountable, and then you know if you start to fall behind, you need to catch up.

RECIPE CORNER

QUESADILLA

Ingredients

- 2 Tortillas
- 1 large (250 gms) Cooked Chicken Breast, sliced
- 60g Light Mozzarella
- 1 Medium Tomato
- 1 Cup Baby Spinach

Method

1. Place a tortilla on a skillet/frying pan over medium heat
2. Add a light layer of mozzarella cheese
3. Add tomato slices, spinach, and the sliced chicken on top with another layer of mozzarella cheese.
4. Place the other tortilla on top, heat for about 5 minutes, flip, and heat for another 5 minutes or until cheese has melted.
5. Suggested serving with Mediterranean frilled vegetables

Macros

Calories: 281, Carbs: 11g, Protein: 37g, Fats 8g



RECIPE 40

SLOW COOKER QUINOA AND BEAN CHILLI (VEGAN)

Ingredients

- 75g Green Lentils - Dry
- 0.5 Cup Quinoa
- 1 Green Bell Pepper
- 1 Medium Onion
- 2 Tins Chopped Tomatoes
- 45g Fresh Green Chilli
- 1 container Red Kidney Beans
- 2 cups Raw Spinach
- 1 container (500 mls ea.), Vegetable Stock Pots
- 1.50 container (175 gs ea.), Black Eye Beans
- 0.25 tsp Ground Cayenne Pepper
- 1 tbsp Chilli Powder
- 0.25 tsp Paprika
- 2 tsp Cumin seed
- Salt and Pepper

Method

1. Add all ingredients to slow cooker. Mix well.
2. Cover and cook on low for 8 hours or on high for 4.5 hours
3. Season with salt and pepper to taste. More chilli powder can be added if you'd like.
4. Suggested serving (depending on macros) - serve with Avocado on top

Macros (serves 4)

Calories: 368, Carbs: 59g, Protein: 21g, Fats 3g



RECIPE 41

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



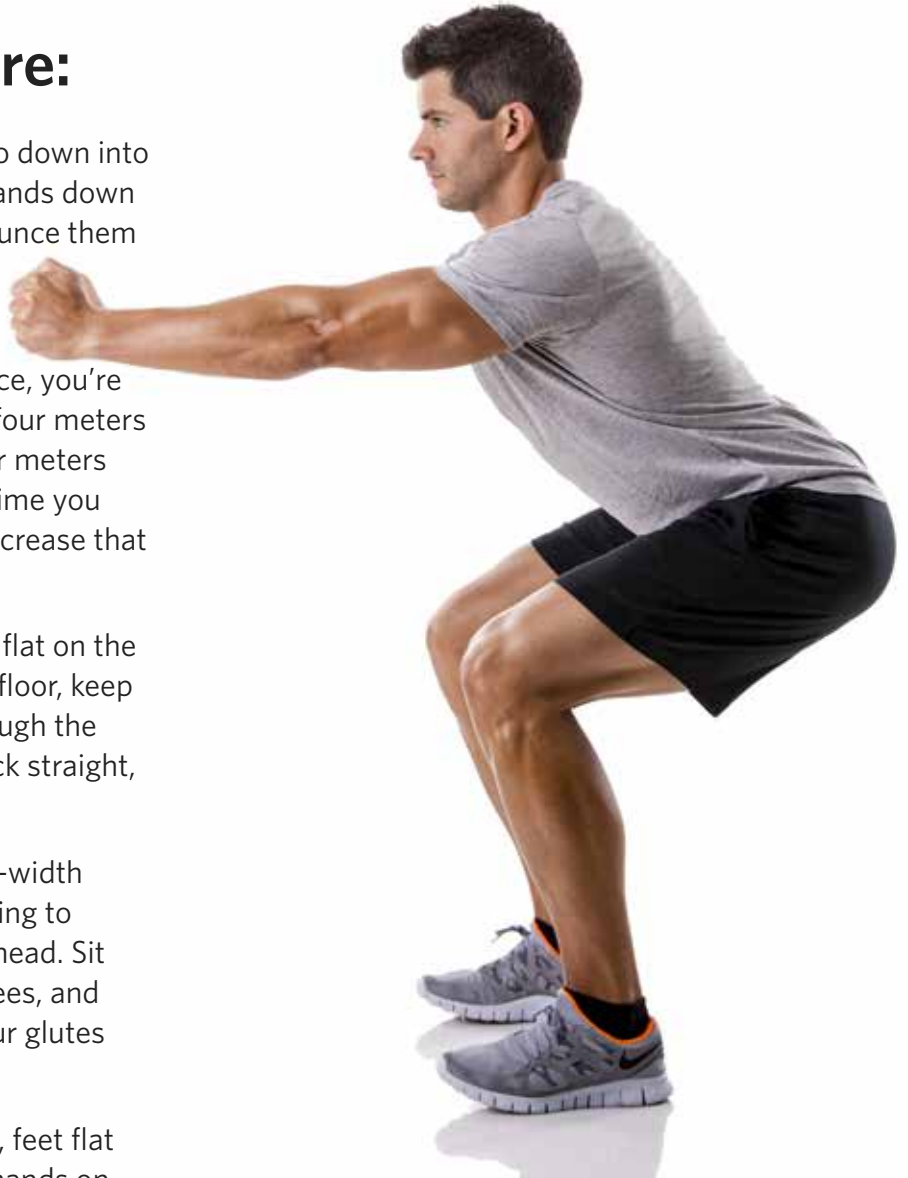
RECIPE 42

MONTHLY WORKOUT

February's workout is going to be a Tabata session, so what we're going to do is 45 seconds of each of the following six exercises, followed by 15 seconds of high knees, with opposite elbow to the opposite knee, so you get a little bit of a core twist in there too.

So the 6 exercises are:

- 1. FULL BURPEES.** So you're going to go down into a squat. You're going to bring your hands down to the floor, bounce your feet out, bounce them back in, jump up, and reach to touch the ceiling, and repeat that.
- 2. SHUTTLE RUNS.** In a little bit of space, you're going to have a little sprint, three or four meters forward, and then sprint three or four meters backwards, touching the floor each time you change direction. It's going to help increase that heart rate.
- 3. PRESS UPS.** We're going to lie down flat on the floor, toes on the floor, hands on the floor, keep your core tight, and presents up through the palms of the hands. Keeping that back straight, core tight, engaging your glutes too.
- 4. SQUATS.** Keep your feet roughly hip-width apart, feet flat on the floor. You're going to sit back with your hands up by your head. Sit back until your knees are at 90 degrees, and then stand up through squeezing your glutes throughout the top.
- 5. CRUNCHES.** Lying down on the floor, feet flat on the floor so your knees are bent, hands on your thighs. You're just going to crunch up, bringing your shoulder blades off the floor, and your fingertips are going to roll over your knees, and back down until they touch -- the shoulder blades touch the floor, and then back up again, and repeat.
- 6. SPRINTS.** On the spot as fast as you can, bring those knees up. Use the arms to drive the knees up as high as you can. Keep that going nice and fast.



As we said, you're going to do that 45 seconds of each followed by 15 seconds of high knees, opposite elbow to opposite knee, and you're going to repeat that three times. This is an 18 minute intensive workout.

Let's see how intense you can keep it all the way through.

If you get your heart rates up, let us know if you track it, how high it really goes.

START OF PREP

For us this month, we are starting our prep for the British Finals for us we are going to start being a little bit more diligent with our food and increase the activity levels. Now one of the key reasons we do this is because sometimes having goals that are a bit further away can keep you motivated for longer as long as you break them down.

In fact last prep we almost came too tunnel visioned so this time we need to keep focus on Aoife-Mae too so she isn't affected, again this is like lifestyle.

So we will be having monthly check-ins of ourselves, just like you guys have done yourselves, too. Make sure that if you are setting yourself goals, you break it down.

WE WILL MEASURE OUR PROGRESS:

Weight wise,

Body fat wise

Visually

And take it from there.

We can help you even do this by breaking it down into monthly chunks of how much progress you should be seeing each month so that we can track your success and gauge it from there.

And if we're not seeing the right progress, then it might mean we need to adapt the program and change things up, we guess the key difference with what we're doing is its not sustainable longer term, but we know that and take that into consideration.

Please do talk to us, because that's what we want to try and do. Help me in the best possible way to make sure that you achieve your goals.

Think about have you got a goal in mind? It could be a fitness-related goal, it could be a challenge, or something that you would like to do later on in the year.

That would really help you increase your motivation, too, in fact one thing that Elly doesn't tell many people was that she in fact had the dream of getting on stage for both body shape and confidence goals 2 years before she got on the stage.

It was a long process that she never took her.



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

BOOK REVIEW

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