

It's April.



So for us, April is typically one of the hardest months of the year, even harder than December, mainly because its expected in December.

There's birthdays, there's the Easter holidays, there's bank holidays. So many things to throw us out of the routine. So that's why we wanted to have a routine this month, to make sure that we can really help arm you with as many tools as possible to make sure that April doesn't become a tough month for you.

We also think April is a tough month for us because it's two months from the British finals. It's really now where we're starting to get even stricter, make sure that we're leaving more on the ball. So hopefully, we can use that to help you become more on the ball, to.

Keeping to the routine:

So keeping to the routine is always difficult when there's things floating in the way. As we've already mentioned, you've got things like bank holidays, the kids are off school, or things like that. So the first thing that we always try to do is remind yourself first and foremost that you cannot control everything, and you cannot beat yourself up or should not beat yourself up about things you cannot control. So by this, we mean we don't really need to start being stress, anxious, and let one bad day or a day that you can't find and prepare throw you out for days or sometimes even weeks. Because it really doesn't make that much of a difference, just one day.

So what we want you to do is if you've had a bad day, draw a line under it and get straight back on it the very next day.

And if you know you're going out socially for the night, perhaps, making sure that you have the right things in the house the next day can really help reduce the effects that that evening or night out has had on you. Because you won't be forced to go into the shop when you're in that sort of mood and pick on the wrong types of food.

Again, one of the reasons why we do find supplements are really important, particularly when you're on a calorie deficit, is because when you're eating less calories than what you're burning, you'll struggle to get all the vital nutrients -- so that's vitamins, minerals, and macronutrients -- into your diet through food sources. In fact, it's very difficult if you want anything less than 2000 calories to get the correct balance of all of them. So, having a supplement can immediately help get a boost and it really does make a difference.

We can both speak from a personal level. Over the last year, we've introduced a good supplement routine into our diet and either of us -- or Ryan has had no colds at all, Elly has only had one -- despite Aoife-Mae coming home of a cold nearly every other week from from nursery.

So, it is really important to make sure you're getting all the vitamins and minerals. Of course, if you do get enough through your diet, that's cool, but just be open-minded that that is something if you think it will help.

Social sabotage

Social sabotage is a huge thing when it comes to helping you move forward with your goals. We found, particularly when we lived in Jersey. Social occasions and social things always seem to get in the way of our goals.

Until we start to follow the art of flexible dieting religiously.

And then we found actually social occasions can be enjoyed without throwing you out too much.

And also, from a mental perspective, it is actually beneficial to have social occasions because you realise that you are actually in control.

So if you have social occasions, things that we often do before we go out is we will look at the menu and will input roughly what we think we are going to have beforehand.

This helps us go out feeling in control that we know the number one rule that we are not going to be out on our calories.

Then, we will stress it a little more about the macro balance to get the proteins, carbs, and fats, however, the most important thing there is that we look into this, is to get the protein right. If your fats are in over high and your carbs are a little bit low, that is totally cool or vice versa.

Daily Rituals

Then, once you have done that, you can really start to see the benefits to doing it. And also, another thing that would really help avoid social sabotage is making sure that you are doing those daily rituals because we are always going about them but they are so important to help you stay in line with your goals.

Because every morning you will be reminding yourself:



1. What your goal is
2. Why it is important

Even on those days you have social occasions, you'll be giving yourself three little things to do to keep you on track.

So for example, if you know you are going out with friends, and your perhaps going to have a couple of glasses of wine and a meal, what you can even do is:

My goal to lose weight:

1. I will stick within my calorie allowance and will not go over 300 calories from it.
2. I will stick to just having 3-4 glasses of wine, and I will not beat myself up about it.
3. I will make sure that I drink at least a pint of water before I go to bed so I don't suffer from hangover the next day.

Again, these things are probably things that aren't ideal for your goal, however they are going to make it closer for them than what you would have been had you not written them and you just go out and drink and eat what you want and you don't stress about it until the next day, then you find you wake up dehydrated, you feel like crap, and you go through the viscous cycle of eating the wrong types of food.

So, this is just an idea of what could really help you if you do have social occasions over the bank holiday weekends.

SUPPORT

Support is a huge factor when it comes to social occasions and making sure that you have support from your peers and your loved ones and that they understand how important your goals are. That doesn't mean that you need to go out and be boring or totally avoid social situations altogether.

We don't expect you to be as sad as we are, but what we do think is if you have your closest ones on your side, they'll really help make things a little bit easier by perhaps making sure that there's stuff on the menu that you will enjoy to eat that can easily fit your macros.

Or they might be mindful of what they're trying to do food and drink-wise on social occasions.

That can really help you stay on track, but also it might even help them to not have such a bad time of it too.

So really get those around you to support you, and tell them how important your goals are because half of the time, those people around us don't recognise how important it is for us to feel better about ourselves to lose a little bit of weight, feel energised.

Because they just take it for granted perhaps, or they just really haven't listened to what your battles are.



Supplements

We just wanted to remind you once again that on proteinempire.com, we now have a new discount code. It's **HODGSON15**. When you go to check out on any of the supplements, type that in and you'll get 15% discounts on check out. We always want them to be part of a healthy, balanced diet, but we thought we had start to summarise a few key supplements that we think help us, and quite a few of you are already using it. Just gives you a little bit more of an insight into how they can possibly help you.

DIET WHEY PROTEIN

Diet whey protein is really just the whey that's been removed from the milk product compressed down so that it's got a lot of protein in it. The diet whey does have a little bit of caffeine in, which can help your body burn a few extra calories. It's also low in carbohydrates. This is really good to help keep protein levels up, specially if you are perhaps finding that your carbohydrates are already high enough that you don't want to have a normal whey.

BCAA

BCAAs are effectively a protein molecule which help build muscle fibres and prevent existing ones being broken down. During prep we take more BCAAs because we will be going into a calorie deficit as most of you are already in.

So this can help your body hold onto that muscle you've worked hard for whilst still losing weight. Times wise for BCAAs there are some that suggest taking it just before or during a workout is best however I'm

Yet to read a credible argument for that.

So we have our powdered throughout the day then our tablets in the evening.

IN TERMS OF POWDERED VS TABLETS

Personally I'd always opt for the powdered as it helps me to drink more water and I feel I have enough tablets with all the supplements we have each day.

We would always say if something will help you drink more water it's an added benefit and that's what the BCAAs does for us.

Multi-vitamins. We suggest having a Solgar multi-vitamin. And the realise why Solgar is it's a good brand. It might a little bit more expensive, but the balance is perfect. The Solgar Female 60 is the best one for woman. It's higher in iron and really good to help you make sure you're getting all of the essential vitamins and minerals that your body might miss when you're on a calorie deficit.

T5 fat burners. These aren't actually fat burners, but that's what they're called, so we'll keep the name in it. We know quite a few of you do take these are its totally safe to do so but thought we would explain it a bit for you.

They're caffeine based, so if you're sensitive to caffeine, of course, don't have them. We would always say if your energy levels are fine, don't take them. We tend to have them, though, because we do find they give us a little boost. So we'll have them just before we go to work out or training, and you can put a little bit more into it.

They are completely natural so are not going to do you any harm.

Vitamin C. We double up on our doses of vitamin C because it does help us remove oxidants from the body. You don't need to have a detox, but having things like this will really help flush your body out because you'll notice if you have a high dosage of vitamin C you will be a going to the toilet a little bit more, so having them will really be a good help.

As we always say, we cannot stress enough to you that a supplement is literally a supplement to your diet. It's not a replacement. So please don't start thinking you can start replacing food with supplements. We just find having supplements is a good way to help you get the balance right without throwing you out on something else.

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 base 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



RECIPE 43

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

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

Tabata

This month's workout, we're going to do a Tabata session.

It's going to be six exercises for 45 seconds and then between each exercise, we're going to do 15 seconds of floor to ceiling jumps.

Floor to ceiling jumps: You're going to be in the squat position with your hands above your head, you're going to bring them down to touch the floor. Get your hands to touch the floor, then you're going to reach up and jump at the top and almost imagine you're trying to touch the ceiling. Repeat for 15 seconds.

Exercise 1 - Squat Thrusts: In the press up position, you're going to jump the feet in, jump the out. Repeat that going nice and fast. Jump them in with your knees towards your chest, and then back out. Those with any lower back problems, just step your feet in, and step them back out.

Exercise 2 - Press Up: We're going to have your hands shoulder width apart, back nice and straight, either on your toes or on your knees. You're going to bring your chest down to the floor and press it back up, looking forward to keep the neck straight all the way through.

Exercise 3 - Mountain Climbers: In the press up position, on your toes, you're going to almost imagine you're running your feet in from one knee up to the chest then the other, alternating as fast as you can.

Exercise 4 - In the plank position, forearms flat on the floor, plank nice and straight, on your toes ideal however, if not, drop down to your knees, keep the back straight throughout, and hold that there all the way through.

Exercise 5 - Step Outs: In the press up position, hands close together, feet together, and you're going to step one foot out nice and wide, then the other foot out nice and wide. And keep that going all the way through. So you're really keeping that core nice and tight.

Exercise 6 - Running On The Spot: Standing up on your toes, really use those arms, pick the knees up as high as you can, sprint in that through, get the heart rate up nice and high.

Once you've done all of those exercises with 15 seconds of floor to ceiling jumps in between, we're going to repeat that three times for an 18 minute, high intensity work out.

As we're doing these workouts, we really want to know how you feel doing the workouts. As of this month, we're now going to start to put these workouts on the membership site once it's up so that you can see each month's workout in real time, and even follow that on a log on there too.

But we're not sure how long the new membership site will take, so I'm hoping it will be up sort of midway through April. So watch this space and we'll keep you posted as to when it's set up.

1, 2, 3, 4, 5, 6

FOCUS OF THE MONTH

PLANNING

From Ryan's days in the army he learnt the 7p's of planning. Planning, Prior, Preperation, Prevents Piss Poor Performance (excuse the french).

But we feel its so important to plan as best you can to avoid any blips or slips in the wrong direction.

So we want you to map out your week and write out-

What you NEED to do each day

What you would LIKE to do each day

What you are going to do to be active

What you are going to eat.

Then all you can do is your best to stick to it, but it removes any stress from the situation because you know you did all you could.



TECH CORNER

BUT its not tech this month, mainly because we actually bought a 5 minute journal last month and cannot believe how much easier it is to journal using it particularly if you struggle to 'get into it' as we know some do.

The journal sets everything out for you so you don't need to think what do i write. The start of the journal talks about the benefits for journalling, and they actually call it a journal for people don't write journals.

Each page has -

Morning routine and a Night routine.

Morning is about gratitude and creating a better day and a daily affirmation

Night routine is the awesome 3 and the time machine (how I could have made today a better day).

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