



So this is the first newsletter that we've done for quite some time now because we've been so busy getting a new membership site setup and unfortunately that's taking a priority.

but, now we're committed to doing a new newsletter each month and it will be uploaded on to the membership site before the first of the month.

ROUTINE

now we know for many September is a month there a lot of people like to get back into their routine in fact we're even the same even though the monkey wasn't off nursery but still things seem to not be quite as normal throughout August. so this month is all about trying to get that routine back up and running so that you can really finish the last quarter of the year in style.

so we wanted to give you a few Tips and Tools that can really help you to stay on top of your goals but also still be able to continue your social life if you have things coming up because we know it's only a few months until the Christmas parties start and then it all gets a little bit more difficult.

First thing's first when it comes to socialising we always want you to be focusing on enjoying yourself not focusing on losing weight or not focussing on your fitness levels because you'll end up resenting it. what we want you to do is really just relax and enjoy yourself when your body is lowering stress it will respond better to what you're doing so we focus on a lifestyle which is going to deliver you the results you want without having to sacrifice the social aspects of things.

Now that said there are always going to be things that we can do we just need to keep on top of it in a manageable way. that's why being active is the first and foremost thing we would suggest trying to do.

are you tracking your steps?

are you planning your food in advance?

are you doing exercise that you enjoy?

these may seem like really simple things to do however doing these free things over the next four months is going to make sure that you don't slip backwards like most people will and you aren't starting January feeling like you're back to square one.

TRACKING YOUR STEPS



Since moving to Liverpool last year we definitely noticed we were lot less active and since we started wearing are fitbits again we started to see how much more active we become and weight able to eat much more without finding out weight going the wrong way. And that's just really from walking a little bit more than we were doing and we set ourselves a target of steps and then if we find it will be achieving that easily we then increase the steps for the following week but it's all about finding what suits you.

So for example if you're currently doing about 10000 steps and way to increase it to 12000 steps a day moving forwards we're pretty sure you'd start to see a significant change in your weight loss. and doing those 2000 extra steps will probably only take about 14 minutes of walking at a brisk pace, so that could be done taking a slightly longer route when you're walking somewhere or even just making sure that you walk 250 steps every hour which is what the Fitbit suggest to do during the day.

TRACKING FOOD IN ADVANCE

Again we're like a broken record when it comes to talking about this, however, we feel it so important because if you're tracking things in advance you can make changes and that things to make sure that you never slip out. However, do it the other way round and eat first then track it can really make it more difficult to stay on track and it's already too late if you've overeaten for example.

So we know that more often than not the evening meals is the evening that you're not eating with other people or you're going to have things on so what we would do is look at the menu and put into on MyFitnessPal what we think we're going to have them we work hard day around it backwards so we know even when it gets to eating out we're not over are calories and we know if we might need to try and increase our protein throughout the day which is usually the case when we are.



EXERCISE YOU ENJOY

Exercise you enjoy again this is something that we go on and on about but it's so important that you do enjoy the exercise that you're doing because it means you're going to be able to stick to it. we don't really like running but we quite enjoy going out walking with the dog and Aoife-Mae. if you enjoy Zumba do Zumba if you enjoy swimming go swimming if you're enjoying weights do the weights.

Of course they are going to be benefits to do in certain types of exercise like the weights we're going to really benefit you longer term however the only going to benefit you long return if you're able to maintain and sustain it. The home based workouts are only 10 to 12 minutes long so that you can fit them into your day see if you find you're really really busy or you don't enjoy gym workouts during the home based high intensity sessions is going to fit into your day really well and even if you're not massively a fan of them it's a good way to get the workout in without much sacrifice. We would suggest trying to get between 3 to 5 of these done a week that's it then you can really make sure you're going to see that progress and knees sessions are designed to help you tone up because you're going to be activating muscles that you possibly wouldn't be if you just focused on cardio training.



MINDFULNESS

We know, we are a bit like a broken record when we talk about journaling, but seriously, journaling will make a huge difference to you and your goals. Each day write out your end goal then 3 things that you want to do that day to hold you accountable. Spend time writing 3 positive things you are grateful for each day too. By doing this when you have a bad day you will be able to look back and see all the things in your life to be positive about, and you'll be so grateful you did it.

Also the sense of achievement of ticking off 2-3 things you did each day can help reduce stress, which we know can affect our weight loss. Then also when you have a bad day or situation, utilising the Brain dump, write everything we mean everything out that's going on in your head then tear it up, it's like you're throwing them thoughts or feelings in the bin.

Until Next time- Keep on track, do the simple 5 things every day. That make up the Best YOU Formula.

1 Daily rituals

2 30 minutes active

3 Exercise of the week

4 Log and track your food and be within 10% of your calories

5 Take photos of food and be aware of portion size.

Take care,

Ryan and Elly xx

P.S. Remember we do still want feedback on the membership site as this is your site and we want you to get the most out of it.



THE 5 WHYS

So we want you to do this for your goals today. We want you to ask yourself why your goal is important, then why is that important, then why again, why, then once more why?

The reason we want you to do this is by asking yourself why your goals are important to you is so that you can remain on track and focused throughout the final ¼ of the year.

Like for us, our why pretty much always boils down to Aoife-Mae, whether it be our goals with health and fitness, lifestyle, work etc. Having a good why and knowing your why can be the difference between seeing it through to achieving your goal or perhaps not quite getting there.