

Nearly time for Christmas

We Know, We Know... it's really early to be talking about that already....

Ok so this is definitely the best time of year in the Hodgson Household, we are back in Jersey for the start of November seeing family and have a few Birthday parties to attend and we know, the Christmas parties start for many of you this month too.



So we hope that the 10 week cut is going to help you on your way to staying on track, with us as we end November and go into December we try to remind ourselves that maintenance is not necessarily a bad thing, and you may need to work for maintenance even.

With the party season starting this early it's important to pace yourself and remember that it's 100% OK to enjoy yourself when you are at the parties. We just suggest getting straight back to it the following day, with or without the hangover.

10 Week Challenge



So we are a few weeks into the 10 week challenge and those that have been completing the forms have been seeing great progress which is great to see particularly at this time of the year...

We know that making progress and staying focused at this time of year is extremely tough which is why we decided to run the 10 week challenge. We are looking over the 10 weeks to lose 20lbs as a Team so if you haven't been completing the forms it's not too late to get started at hodgsonhealth.com/10weekcheck

For us it's all about you having a basic understanding and if we can help you to see progress or even maintain at the toughest time of year we know you CAN make progress at any time of year So jump on board and drop us a line if you are struggling.



The social occasions aren't causing your struggle

We know, it's coming to that time of year where many of you will have found the weight creeps up year after year with the social occasions, with the Christmas parties and often stresses with, what to get the kids, family, friends, and everywhere you look there's food involved.

Then at the other end of the spectrum you want to stay 'strict' on yourself and feel the need to enjoy (or pretend to) things like sparkling water and a salad.

We know how easy it is to enter the new year feeling frustrated, throughout our 7 years in the industry we see the same trend happening with people every January, ultimately starting a new year where they feel lower in confidence, energy and happiness than at any time the previous year.

Whereas, we strongly believe you should be starting the new year feeling fitter happier and healthier than the previous year. After all, after a couple of weeks enjoying time with your family and friends you should be feeling refreshed.

It's easy to see and feel the lbs slip on, then before you know it, January is here and it's back to square one. We know it's very common for weight to creep on over Christmas but it really doesn't have to be like that. Because if you are trying to lose weight and staying in a calorie deficit daily you will not be putting on weight.

Just what tends to happen is after a 'heavy night' (or two) it's easy to do two things-

- 1- Relax and not exercise (i.e. not burn as many calories)
- 2- Opt for fast convenient foods (eat more calories)

What this then does is easily helps you slip from being in a calorie deficit, where you will lose weight, into being in a calorie surplus which will make you gain weight.

Now, we know it may seem like hard work but it's easily avoidable and we are going to share with you how. Firstly we want you to focus on your TDEE (Total Daily Energy Expenditure) that way you can still enjoy booze and food on the Christmas social occasions.

So it's important to focus on little things that we believe can HELP you which could be as simple as increasing your steps by 10% each day, this will help burn extra calories.

Then the other way is reducing the input (calories consumed) on the days you don't have the social occasions so that you remain in a calorie deficit over the course of the festive period. By staying in a calorie deficit you will not put weight on and you can still enjoy your Christmas guilt free. A great way to keep an eye on the calories you consume is of course the Flex Food App.

So for us the answer is extremely simple, in theory, watch what you eat on the days where you are in control and not busy socialising and focus on being active, that way you really can still make progress over the festive period and help us toward our goal of losing 200lbs before Christmas.



Living in the here and Now



We wanted to talk a little about stress because we know that along with it being socially busy it can also be a very stressful time of year for you.

But one thing we have found is really making a conscious effort to living in the here and now can really help, now we know it may sound a little bit easy but 99.9% (made that number of, most of the time) when we are in a state of stress we are either thinking about what has happened or worrying about what might happen in the future....

We find journalling things can really help....

A question ask yourself about things you're stressing about is...

CAN I CONTROL THIS?

If the answer is no, stressing about it is never going to fulfill you in any way, we have both been very guilty of holding on the past, Ryan mostly, to the extent that he suffered for years. SO the power of journaling comes out AGAIN. Writing out your thoughts, feeling and emotions will help to lower your stress levels.



A thing we use is a brain dump, where we literally write out everything on our mind then tear it up and throw it in the bin, it's will help you associate with throwing your stress in the bin.

So take a few minutes t remove yourself from the situation and let the stress pass by, it may sound like it's a tough thing to do, and it's like anything with mindset, it takes time to get into and also it's important to emotionally connect with what you're doing because for us both journalling took time to perfect, and even now we are still learning the best way to help us.

Take time to watch the videos on the membership site under mindset we have plenty of videos to cover this, any questions, please pop them in the group and we will answer them and no doubt the others will share what has worked for them too.

-NEW BOOK- Prep with the Hodgsons

This month as we have mentioned (just a bit), we are launching our new book 'Prep With The Hodgsons' which is a bit of an insight to our 19 weeks of prep for the British Finals in June, we are looking forward to getting our message out there and sharing our journey with us.

We would really appreciate your support on this too so that we can share an insight into how it went. SO please if you could get the kindle, leave a review and share our posts so more people can see our journey we would really appreciate it.

We are often asked what it's like getting ready for a show which is what prompted us to write a bit of an insight into the prep and give people a bit of a 'behind the scenes' into our prep.



Ryan and Elly xx

Until Next time- we hope you enjoy this newsletter and it helps provide you with value towards your goals.

We are extremely passionate about helping you and others just like you so would appreciate if you would send any clients our way. In return we would happily offer you a month free, or upgrade of your programme for a month (whichever suits you best).