

That time of year again



# Let's Make it a Year to Remember

January 2018

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## HAPPY NEW YEAR

Happy new year so will it be in 2018 will look into you to try and set yourself some realistic goals the course of the year because it's so easy to look back over 2017 and see what we didn't do

hold on to what we should have done and forget that we've now got an opportunity to start fresh wipe the slate clean and **make 2018 an even better year.**

Now you know we're not huge on setting yourselves 'New Year new you' type goals, because the you right now is as it should be... But we are all set on helping you set goals to become a **better you** because that's the goal that we should all be setting ourselves so let's look now at what we want to achieve over next 12 months then break it down over 6 months then break it down even more over 3 months because we want this to be a lifestyle and of course we want you to be part of team Hodgson throughout the whole of the year.

For us our goal is to really just get ourselves into a good happy healthy routine and then when we have trips away holidays or something like that will then start to have a little cut because we focused on ourselves for the last seven months since the last prep and that's helped us to be relatively happy of where we are right now. Of course we're not settling we do want to progress but we're not adding loads of pressure to hit a certain weight gold or to have a certain level of body fat it's more about how we feel and also the example that was setting Aoife-Mae.



## Slow Down

That's right we want you to slow down because we've got a remember it's a marathon not a sprint. Now we know that most people perhaps is it offices friends family are all going to be trying to go for a sprint and they won't be able to sustain it they are often going from not going to the gym for months to then going every single day throughout January and what happens then there's are there is a Life start to fall apart so we think is important to make sure that you look at all hours of your life.

And once you do that you'll never end up resenting what you are doing and it'll also make sure that what you're doing is sustainable as we always say only focus on what you can do now forever or at least for a couple of years, long term is the key.



### **Back to Basics**

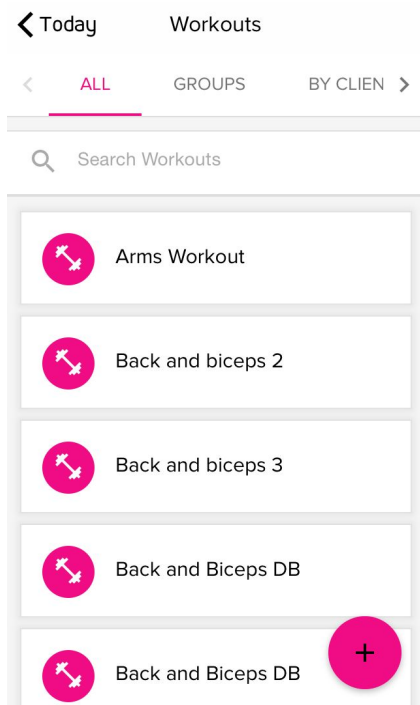
So we are starting our 2018 with the kicks 7-day kickstart because we do want to make sure that we give yourselves a little bit of a booster after Christmas and we know how many of use felt after doing it when we when we did in November. But it's important to remember we want to go back to basics keep things simple so let's get in your foods let's start focusing on activity levels despite being bad still easy to hit that to 12k steps each day. let's focus on the mindset work often overlooked as we always say you want you to spend 5 minutes each day focus on yourself building yourself up giving yourself some self love because you deserve that your family deserves that so let's really bring it back down simplify things and we know that it's going to make 2018 a positive year.

Now we know most used probably won't do this but you wanted to print this newsletter out and then underneath here in the lines provided write out some goals for yourself for this year because he's going to help hold you accountable if you can pin them somewhere publicly around your house perhaps on the fridge...

Let's do it it's really going to help you stay accountable and also your loved ones that live with you also hold you accountable to it to make sure that your goals are smart we don't need to go over those too much again but specific measurable achievable relevant and timed once you've done that you're well and your way to make 2018 even better than 2017 was.



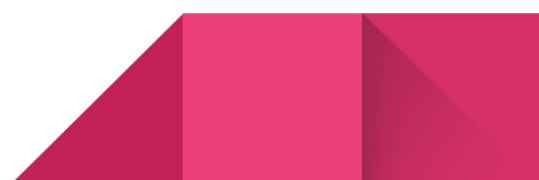
### Exercise- WORKOUTS



With the workout this year we really would you to increase the amount of intensity that you're doing to in them because the Homebase work out we make them short for a reason. we make them short so that you can do them to a much higher intensity and also means that you can start to fit them into your lifestyle much easier so please focus on getting no short short workouts in a minimum of 5 times a week.

Check in with us and feedback to us on the sessions let us know how they are let us know how we can improve them and perhaps what you find really works well and what doesn't.

With the workouts if you're doing them in the gym let's keep that intensity nice and high and use the app because, with the



app you can track what weight should lifting and you can look at what weight she live the last time you did that exercise. Then it can help me to save time in a gym but also make sure that you're pushing yourself each session. In fact we think that the app is a huge part of any training program for all programmes because once you use it and utilise it well that's going to help hold you accountable is going to help monitor your progress that you make sure that you are actually progressive.

Because we've both been guilty of this in the past where we were going the gym not really sure what weights were doing not really sure if we're progressing in that area and we can we get to focus on the physical results rather than on there are the results such as fitness level strength goals etc.

## LIFESTYLE



With lifestyle as always this isn't just about the activity levels that you step counting your lifestyle it's also about nutrition side of things to so if you're going to social occasions remember it's life so you can enjoy it if you're at home and the rest of the family is eating something that you want to eat eat it you shouldn't feel like you're depriving yourself.

It's all about getting that balance right even during January if you want have a big push you totally can but don't deprive yourself that's the most important thing when it comes to life stuff we said it's time and time again it has to be focus on long-term sustainability for you to lose that weight keep it off and feel good about yourself forever.

Let's this month have a strong focus on making sure that that lifestyle is active making sure that we're doing things it can be out and about with the family with friends because with the weather not being great for the next few months it can be tough to incorporate being active but with the right mindset which will talk about in the moment it's going to make a huge difference to you.



## MINDSET

Now over the 12 days to Christmas we know most you start to do the positive affirmations and we think is important you keep these go because during January it's easier to compare yourself to other people but people who put a lot of weight on towards the end of last year it's completely normal for them to pups lose weight a little bit quicker than you so it's important that you're not comparing yourself and you're giving yourself some positive feedback building yourself up.

if you're struggling with this let's make sure that your journaling. Yes journaling (again) is really going to make a huge difference I know we've brought this up time and time again but it does make a huge difference right out what your goals are....

Yes those goals that you've already written earlier on in newsletter, write them out every single day and write down three little things that you're going to do that day to help you make One Step Closer towards them goals. Then once you've done that let's write out at least one positive thing about yourself now this can be difficult we know that Elly struggles with us at first,

but once you get your head around doing it and it becomes easier over time you're going to find out things are going to affect you as much, and your goal will become a by-product of the lifestyle you're living because you're giving yourself that positivity and you're not beating yourself up if perhaps things are going to plan your focusing on how you can make them go to plan.

I'm doing this for me- Yes read that again I'm doing this for me and that something that you need to tell yourself each and every day because we should never be doing any of this for anyone else. Yes we can have other people that motivate us and packs help us push a little bit further on but we have to be working towards our goals because we want them because they are important to us.



## Nutrition

finally with the nutrition side of it of course we want you to be hitting your calorie goals and particularly approaching girls but it's important we do have a strong focus on getting those micronutrients in so we want to make sure that we're getting plenty of colours in our foods we pocus than this quite a lot over the last few months and it's important that we keep

pushing on because during January there are a lot of bugs about and have a nose micronutrients is going to hate make a huge difference.

Also those who did make a change into your nutrition and started incorporating more fruit and veg and said how much better you felt from it the difference you seen in your skin your energy levels your digestive system your bowel movements everything seems to get better. So let's keep that going and let's focus on sharing our food with each other as well because it gives each other new ideas and remember don't forget the membership site.. Because we do create plenty of recipes and put them up for you to follow them and they are all easy-to-follow relatively quick to make because we know how busy it can be but havanese was going to help make sure you fit your macros and also plenty of them have loads of colour into.

## LIVE VIDEOS



So wanted to mention the live videos that we do each Tuesday in the women only group at 7:30 p.m. UK time. We chose this time because we know it's an easy time for many to join views but we also do get that sometimes some of you'll struggle with it. But what we do want to do is make sure that these are as useful as possible so we want feedback and we also want you to try and attend them if you can send you can ask questions there and then and we're there to help coats you literally live.

Once we've done the live videos we download them put them on the membership sites you have access to the mall there and they're always be put in the relevant category whichever they fall under some of them will go on the more than one category so that their easy to find. so check out the membership site and before you have questions it's often a good point to look in there because 99% of time with answered the questions on them and want you get used to looking on the membership site you can really utilise this tool to save you time and also help you towards your goals in a much easier way.

## Signing off

That brings us to the end of January 2018 newsletter let's make this a year to remember and remember we are both here to help and support you with every single aspect of your goals all 4 key principles of the best you formula mindset lifestyle nutrition activity.

So please do you use us and also do follow the two tasks we setting this because it is going to make a huge difference there is no coincidence that the ones that seem to be more interactive and the ones that seem to follow these tasks and share them with us are the ones that seem to get the best results so let's make sure you're one of those.

As always we would really appreciate you trying to refer people share your journey with other people and send them to walk to us and then she if you do we will of course be give you a month free.

All you have to do is make contact with us connecting us with them and now get a trial for £1 then should they join after that will give you a month free no questions asked so just make that connection with us by Facebook email whatever suits you best but will be there to connect with them and will do the rest of the work we appreciate all referral

