



Module 12 Summary:

Ongoing success

Checklist, before you move onto this module, have you:

- Read the module lesson from module 11?
- Watched the accompanying video?
- Completed the exercise class at least 3 times last week and had a 90% adherence rate to the new habit, prepping your food? Again be prepared for this habit to take a while to bed in, be prepared to spend longer on developing this habit.

Completed the previous modules assignments:

- Weekly adherence sheet - week 11
- Complete video: shoulder rehab & workout

This final week we will look at ongoing success by reviewing what we have set in place, look at adherence before if we need to tweak anything if our weight loss has plateaued and fine tuning.

Then we discuss some other tweaks like eating for your hidden calories, eating for your body type, carb cycling, modelling your success and strategies for maintaining your success and reviewing our adaption to your 'new you' mind-set as part of this success.

Homework for this week:

1. Weekly adherence sheet - week 12
2. Complete video: HIIT workout .
3. Review and print out info graph: Precision Nutrition plate
4. Review and print out info graph: body types



Module 12: Energy Balance & Ongoing Success

Habit 12: Monitor your adherence.

Exercise of the week: HIIT workout.

Ongoing Success

We have worked towards a more nutrient dense diet, increased our exercise and spoken to others of our goals and successes.

Many people think they have to starve themselves to get a thinner body, this isn't the case at all. Once we get into the habit of eating certain food volumes - if it is difficult getting into a higher food volume then we can use increased calorie or density of food rather than volume.

Reading and learning isn't enough to make a real change in your life. Change comes from daily practice and consistent action.

We began in your kitchen - your fridge and cupboards. Replacing some of the highly processed foods with minimally processed ones, and added meats, vegetables, fruits, carbohydrates from whole foods, healthy fats, and spices and herbs, so you are now off to a great start.

Changed your shopping habits with the shopping makeover: sticking to the perimeter of the shop, where the majority of the healthy foods are, fresh fruits and vegetables, seafood, meat and poultry, eggs, yogurt. Then with all the good ingredients at home, we have considered food prep, automating it and having a ritual or routine to make it easier to stay on track.

This won't be a perfect plan for you, it is a framework for you to adapt and build upon. You will want to adjust and individualise, but unless you have started there is nothing to tweak.

Once your food choices becoming easier to adopt and they become locked in as habits, you can then examine whether you need to change your calorie intake and macronutrient (carb/protein/fat) intake based on your body type, activity patterns and results.

In other words, once you have the basics we can start to individualise your needs. Your nutritional intake should reflect your body type and how much you exercise. However, this process is quite complex and we need to pay attention to the detail.

We have started with a simple template and then we tweak it and tailor-make your nutrition plan through repeated measurements and adjustments. Basically we need to mix 'trial and error' with the nutritional science we've learnt.

So here are some easy steps to find the right fit for you **avoiding** counting calories, macronutrient percentages (e.g. % protein versus % carbs) or other complex nutritional mathematics.

Simply follow the guidelines for two weeks, measure what's happened and if necessary adjust to stimulate more weight loss progress. So you are basing your changes on outcomes.

Don't forget even no changes or no outcome gives us an idea about what to do next.

Step 1 Select your nutritional outline. So far we have discussed:

- Increasing water intake.
- Good food choices.
- Appropriate food sizes (palm protein, fist vegetables etc).
- Paying attention to fullness cues.
- Increased our exercise.

Step 2 It takes about two to four weeks to determine whether a nutritional or exercise change is working. So please be consistent with your changes, make sure you turn them into habits.

Step 3 Assess your progress by monitoring your body changes such as your body weight, girth measurements we did at the beginning, skin folds, and look at the visual evidence. How you look and the fit of your clothes, your energy levels and levels of fatigue. These indicators will help you know if you are moving in the right direction.

Step 4 Make changes when you feel they are necessary. So keep going in the same direction if you feel you are making progress. However, if the above indicators are not budging or worse they are going the wrong way, then make some changes.

Consider changing one thing, stick with it and then reassess again.

For instance, one change could be cutting back on a few portion sizes, cut out a cupped handful of carbs or a thumb of fats from a few meals each day. Cutting out just 1 cupped handful of carbs and 1 thumb of fat from each day is a good starting point, and you will be eating about 250 fewer calories a day. But we aren't going to worry about the calories, because we aren't counting them we are eating food.

*Repeat steps 2 to 4 by being consistent, assess
and make changes if necessary.*

Let's be honest....

The number one reason that people fail to lose weight is lack of sticking to the plan, struggling to do the basic things consistently and reliably.

So that is why I have asked you to check your adherence to the habits each week and not move on until that habit is solid. Now you understand the reasons behind why I have asked you to do things maybe you need to go back to a few modules, print of the adherence charts and stick with that for a few more weeks. This is not a competition; it is progress in the right direction. So before you start tinkering and changing things please make sure that you have done all that has been asked to at least 90% standard. Complete overhaul is too much to ask you to do at once, so revisit habits that you found hard to accomplish.

Revisit your habits and considered your adherence rate.

Use the principles we have worked towards through the modules:

5 Daily Habits

1. Eat slowly until stop at 80% full.
2. Eat protein dense foods with each meal.
3. Eat vegetables with each meal.
4. Eat a majority of Carbohydrates after exercise.
5. Eat healthy fats daily.

Sneaking calories:

So you are now following a good diet, paying attention to your food amounts and choices and tuning in to your hunger and when your full cues. However there are calories that sneak into your diet.

For example:

If are eating two thumbs of peanut **butter** switching to two thumbs of peanuts or almonds will sneak calories out of your diet.

Dried fruit – four to five prunes or apricots can sneak calories in without even knowing it. You would probably think nothing of eating twelve or fifteen of those little dried fruit but would definitely thin it odd to eat three or four apples in one sitting.

Fizzy drinks and fruit juices are another, a can of pop or a bottle of fruit juice has the carb equivalent of two apples - without the nutritional equivalent. You may think nothing of drinking a can of coke or bottle of apple juice with your meal. But you wouldn't eat two large apples after you a full meal.

Consider:

Nuts: Few thumbs of peanut butter or nut butter (more calories) versus thumbs of peanuts.

Seeds: Few thumbs of oils (more calories) versus thumbs of seeds - flax chia or hemp.

Cooking oils: Few thumbs of cooking oil or butter (more calories) versus thumbs of oil spray.

Dressing

and sauces: Thumb sized portions don't be indiscriminate

Meats: Lean versus regular fat can nearly double your calorie intake e.g. 100g lean beef is only 175 calories vs 330 calories for regular fat beef plus you probably won't feel any fuller after eating the 70% lean versus the 90% lean.

It is easy to snack your way to an extra few hundred calories a day or more with crisps, biscuits or even excessive amounts of mixed nuts and dried fruits.

Fine Tuning:

So far we have:

1. Removed the nutrient deficiencies.
2. Control calorie intake.

This is based on four meals a day (remember my two breakfasts). Previously the best approach was to 'graze' by eating small meals frequently throughout the day. However to help the control the sugar hormone: insulin and stress hormone: cortisol you decide which suits you considering your level of activity - eating four larger or smaller meals a day. Listen to your body and fine tune.

Now we shall consider eating right for your body type.

Eat right for your body type:

If you are happy and convinced that you have all the habits sown up and feel that you need some more individualisation, because you have more advanced goals or you have been plateauing. Then consider your body type:

I type is an ectomorph – endurance athlete (Mo Farah).

V type mesomorph – athletic if active.

O types endomorphs – naturally less active.

They are all related to morph!

I Type - have smaller bone structure and thinner limbs, normally a typical endurance athlete and they are generally set to 'high rev'. They have fast metabolic rates, high energy, frigate and pace and have a great tolerance to carbohydrates. These are the rare, slightly annoying people who can eat cake and not get fat. Right we will move on from them swiftly

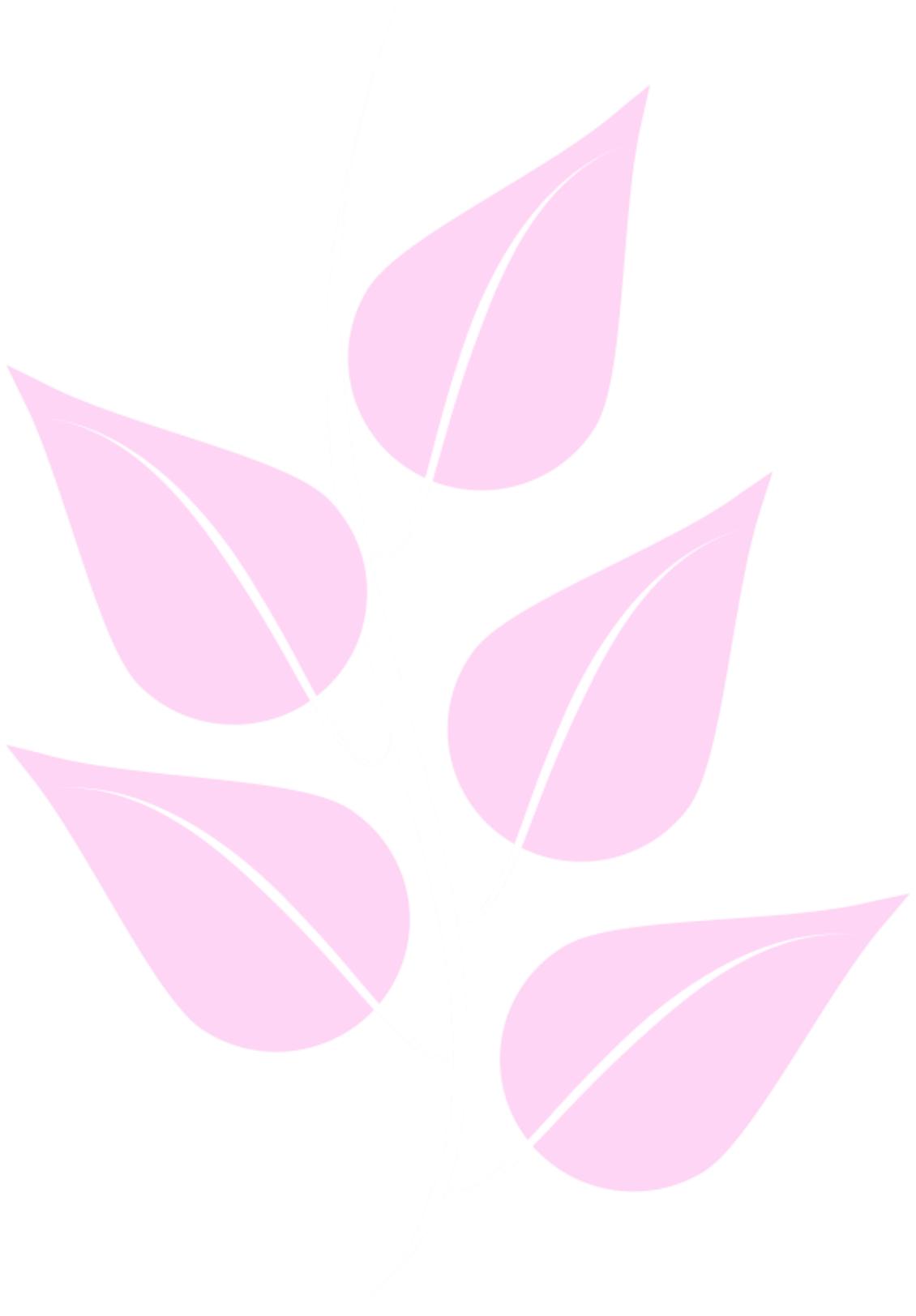
V Type - have a medium sized bone structure and athletic body if they are active. These bodies are designed to be powerful machines, so they usually gain muscle and stay lean easily. They do best with a mixed diet with balanced carbohydrates, proteins and fats.

- 1 palm of protein.
- 1 fist of vegetables.
- 1 cupped handful of carb.
- 1 thumb of fat.

O types - have a larger bone structure with higher body mass and fat mass, their engine is set to 'idle'. They are built for solid comfort and not speed. They are naturally less active, so excess calories are stored as fat. They have a slower metabolic rate and don't tolerate carbohydrates as well, particularly if they are sedentary.

Therefore, O types do better with higher fat and protein intake with carbohydrates being lower and properly timed (mostly after exercise).

- 1 palm of protein.
- 1 fist of vegetables.
- 0.5 cupped handful of carb.
- 2 thumb of fat.



Carb cycling

Is just a simple way of eating more carbohydrates on some days when you have long duration or high intensity of exercise and eating fewer carbohydrates on days off.

We look at the carbohydrates side of the macro nutrient part of your diet, because carbs rather than fat or protein have more impact on your exercise rate.

Modelling success

If you start with the basic premise that you are making progress, and that progress is continual even if very small increments, then you are heading towards achieving your ultimate goal. If you make small steps in the right direction you can reach personal goals, you never thought you would reach.

- **Choose your goal.**
- **Select a track to measure that goal – measurements and skinfolds.**
- **Determine a realistic rate of achievement, and try to move forward in a minimum measurable increment every two weeks.**

Maintenance

Not a very glamorous heading but a wonderful feeling, achieving your goal. So this is where we have lacked success before where you have fought hard to lose weight, then gained it back and missed out the maintenance part - keeping the body you have worked so hard to build. Simply controlling what you've already achieved.

Your body has the ability to compensate for slight variations in your food intake, energy output and sleep habits - as long as the longer term habits of exercising consistently and choosing the best foods remain. So if you do overeat one day, chill, relax, your body will

reset and reduce your appetite the next day to keep you in check. If you think about it homeostasis is what we talked about right at the beginning - your body wants to keep you at maintenance.

The body finds it hard when we don't exercise for a couple of months or we have a few weekend food and alcohol binges or the two month Christmas festivities!

So keep checking in with your body

- Are you hungry - or bored and emotional?
- Are you full? stop eating.
- Are you energetic? - keep going.

Exercise is the key to maintenance it helps us to respond to our appetite cues. I suggested way back in previous modules try and exercise up to five hours a week.

Let's be honest....

When people reach their goals they then go back to their old habits. This is because you may not have developed the attitudes and mind-set of being healthy yet, so here is a strategies to help you stay on top.

Strategy 1 Stay consistent with your exercise plan - 90% rule, maintain 90% adherence to your exercise plan. You are very welcome to cool off in busy periods, but get back up when you can.

Strategy 2 Follow your food principles - superfoods, protein and carbohydrates and fats.

Strategy 3 Keep your measurements and weigh ins - stay to a regular weigh in time and record it, don't creep up.

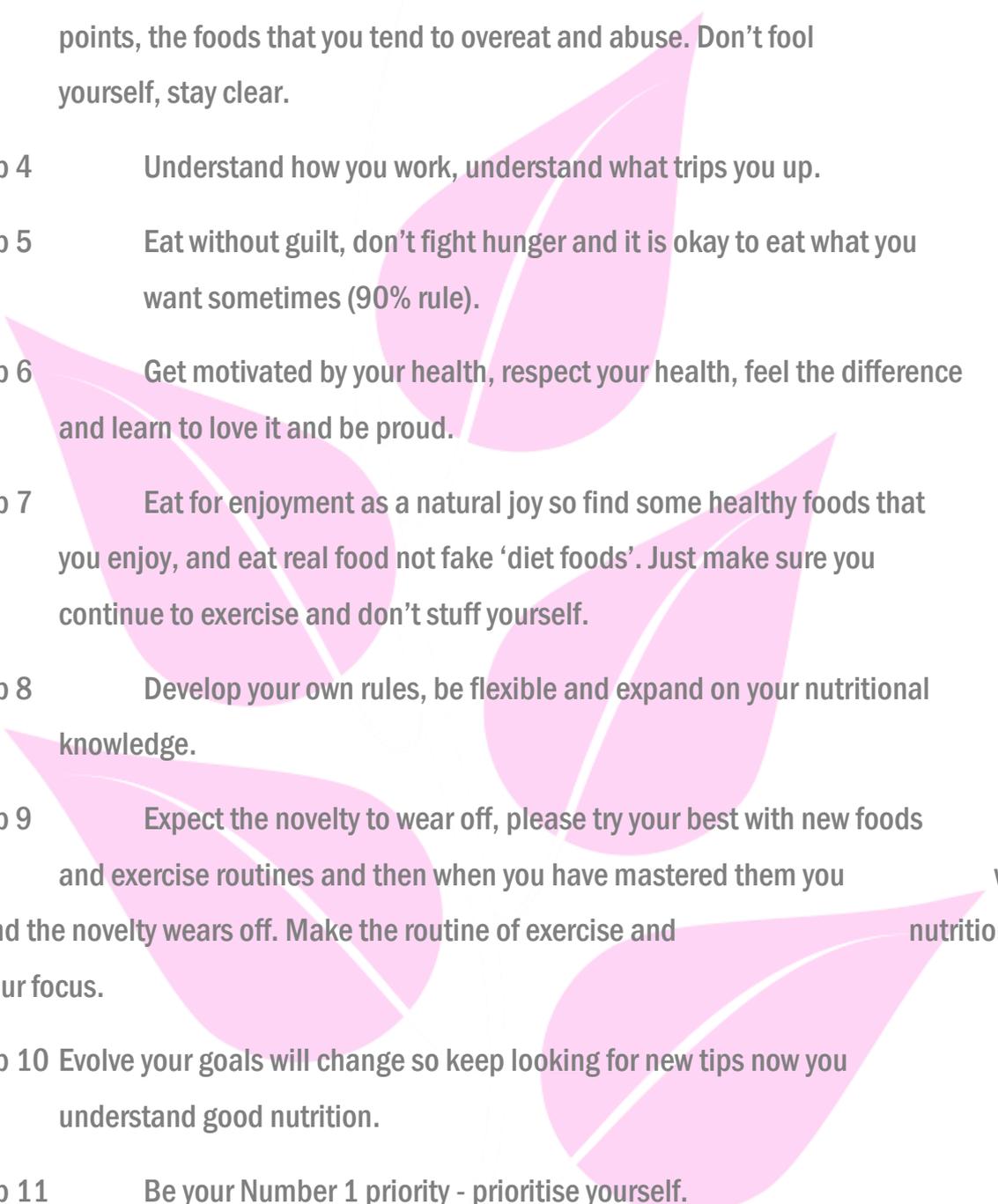
Strategy 4 Support.

Strategy 5 Watch out for triggers - food or emotional triggers can lead us to eat poorly. It could be a smell of cakes, somebody's voice, emotional stress or a sad event. Know yourself and your triggers. Take note when you feel that a trigger has occurred and try and find a replacement - camomile tea helped me through a very sad place in my life. I used to double up on the tea bags, I know I had an addiction. I have now replaced it with Green Tea, which I drink gallons of, so is another addiction. I love the way both camomile - relaxed and floaty and green tea - revved and energised, make me feel. I do appreciate that this might sound a poor substitute to a large glass of wine or chocolate. However I do promise that once I tuned into my body - green and camomile tea had a bigger, calmer effect on my body. My brain was screaming alcohol and chocolate but if you listen your body will tell you something quite different.

Maintenance Mind-set - create a new 'normal'

Recap all the work we did in the starter pack, know your why, know why you came on this journey and feel focused on your goals.

Tip 1 Attitude, have a clear understanding of who you are and what are your key motivations in life, aim high for your next project and embrace it with your heart, mind and soul. Eliminate your negative self-talk and reinforce your positive healthy attitude with rewards (Module 5 Self-enrichment)

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- The page features several large, stylized pink leaves with white veins, scattered across the background. The leaves vary in size and orientation, some pointing upwards and others downwards, creating a decorative, organic feel.
- Tip 2 Be satisfied with maintenance, there might be no further improvement but there are also no regressions.
- Tip 3 Find the foods that work for you, by now you will know your weak points, the foods that you tend to overeat and abuse. Don't fool yourself, stay clear.
- Tip 4 Understand how you work, understand what trips you up.
- Tip 5 Eat without guilt, don't fight hunger and it is okay to eat what you want sometimes (90% rule).
- Tip 6 Get motivated by your health, respect your health, feel the difference and learn to love it and be proud.
- Tip 7 Eat for enjoyment as a natural joy so find some healthy foods that you enjoy, and eat real food not fake 'diet foods'. Just make sure you continue to exercise and don't stuff yourself.
- Tip 8 Develop your own rules, be flexible and expand on your nutritional knowledge.
- Tip 9 Expect the novelty to wear off, please try your best with new foods and exercise routines and then when you have mastered them you will find the novelty wears off. Make the routine of exercise and nutrition your focus.
- Tip 10 Evolve your goals will change so keep looking for new tips now you understand good nutrition.
- Tip 11 Be your Number 1 priority - prioritise yourself.
- Tip 12 You define your success not anyone else especially not a glamour's magazine.

Tip 13 Set your absolute minimum, the level of vegetable intake you will never let yourself fall below.

Tip 14 Use your support - do you have somebody in your life that knows how to eat well and who is healthy enough, vibrant enough well learn from them, talk to them and ask them what they do.

Recipes & Super shakes

Most cookbooks focus on the art of food presentation for professional cooks. I am sorry Jamie I love you dearly but I find your recipes way too complicated I don't have all the ingredients; all the exotic herbs you ask for! Here are some of mine, let's have some of yours x

Recipes

Scrambled eggs and Spinach

This is a great breakfast; fresh spinach works best for this recipe. If you don't want to bother with fresh spinach frozen is fine, just thaw and drain it before cooking.

Ingredients:

Olive oil cooking spray

2oz chopped ham

1/3 onion

1 handful spinach (1/2 cup frozen)

1/2 cup sliced mushrooms

3 eggs

1 slice of cheese

1 cup berries

Instructions

Stir fry the chopped ham, onions, spinach and mushrooms in a skillet/frying pan, coated with cooking spray on medium-high heat for 3 minutes, until the spinach becomes dark green and condensed.

Add the eggs and cheese to the pan and continue stirring for an additional two minutes, just until the eggs are cooked. Have the berries as your pudding.

Makes 1 serving.

Final week homework:

1. **Weekly adherence sheet - week 12**
2. **Complete video: HIIT workout.**
3. **Info graph: Precision Nutrition Plate.**
4. **Info graph: body types.**