



Module 12 Summary:

On-going success

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

- Read the module lesson from module 11?
- Watched the accompanying education video?
- Completed an exercise class at least 4 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 you will look at on-going success, reviewing what you have set in place, look at adherence before if you need to tweak anything fine-tuning if your weight loss has plateaued.

Discuss some other tweaks like eating hidden calories, eating for your body type, carb cycling, modelling your success and strategies for maintaining your success and reviewing 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 & On-going Success

Habit 12: Monitor your adherence.

Exercise of the week: HIIT workout.

On-going Success

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

Many people think they have to starve themselves to get a thinner body; this isn't the case at all. Once you get into the habit of eating certain food volumes - if it is difficult getting into a higher food volume then you can use increase 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.

You began in your kitchen - your fridge and cupboards. Replacing some of the highly processed foods with minimally processed ones, and added meats, vegetables, 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, you 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 you 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 you need to pay attention to the detail.

You have started with a simple template and then you can tweak it and tailor-make your nutrition plan through repeated measurements and adjustments.

Basically you need to mix 'trial and error' with the nutritional science you'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 you an idea about what to do next.

Step 1

Select your nutritional strategy.

Here are the plans you have incorporated so far:

- 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, body measurements you did at the beginning in the Starter Pack.

Look at your visual evidence:

- How do you look?
- 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 you aren't going to worry about the calories; because you aren't counting them you 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 stay healthy is lack of sticking to the plan, struggling to do the basic things consistently and reliably.

So that is why you need 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 you need to do these 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 consider your adherence rate.

Use the principles we have worked towards through the modules:

5 Daily Habits

1. Eat slowly until 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 think 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 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 you 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 you can 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 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.

Looking and considering your adherence sheets from each of the Modules, which body type would you consider yourself to be. Did you jump out of bed every morning ready to exercise, or were you very reluctant?

This will guide you to your body type.

Choose from the descriptions above and try to use or simply be aware of the guidelines mentioned.

Carb cycling

Alternating high and low levels of carbohydrate intake, which doesn't allow the body to find homeostasis.

It 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 has more impact on your exercise rate.

On-going 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 you may 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.

The good news is that the maintenance phase is a great place to be. It isn't quite as rigid as losing body fat. In maintenance you aren't stretching and challenging your body to a new set point. You are simply controlling what you have already achieved. Make sure you eat well and exercise properly, if you become sedentary, your genes, which are programmed to respond to movement, stop sending maintenance signals and your appetite doesn't adjust appropriately.

You will start to feel terrible and your brain will start to operate less effectively. So exercise is the key to maintenance.

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.

Maintenance is cruising time compared to challenging change your dietary habits. But don't go on sabbatical, you still have to exercise (in the range of 5 hours a week). You still have to eat whole, minimally processed foods. If you fail to do either, maintenance will be over.

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?
- Are you energetic?
- Am I sore from exercise?
- Am I maintaining my leanness?
- Am I gaining body fat?

Exercise is the key to maintenance it helps us to respond to your appetite cues.

Let's be honest....

When you reach your goals you will then try and go back to your 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 -keep in touch on the private forum group. Keep letting us know your success. You will motivate others as well as yourself. You have 1 year on this course.

You can apply, at anytime to become a Gorgeous Graduate, and stay in the group as long as you're a graduate member.

Strategy 5 Watch out for triggers - food or emotional triggers can lead you 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 might help? A quick EFT tap or a your meditations.

Double up on the camomile tea bags, Camomile makes you feel relaxed and floaty whilst green tea can rev and energised you.

These might sound like poor substitutes compared to a large glass of wine or chocolate. However once you tune into your body -

green and camomile tea will have a bigger, calmer effect on your gorgeous body. Your brain might be 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 you did in the starter pack:
Know your why - 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)
- 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. Embrace the healthy foods you know you do well with, the foods that you like the taste of and the foods that support your goals.

Tip 4 Understand how you work, understand what trips you up. What makes you frustrated, angry or aggravated? These emotions can give you a profound insight into your own motivations. Learn from the motivating forces in your life.

Learn how you best succeed. Do you do well in a competitive environment – join a exercise event.

Do you work better when your meal plan is written for the week? If you start a strict diet, do you rebound and feast – if so recognise it.

In the end, know what strategies work and which don't and stick with those that work and get rid of the rest.

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 of your gorgeous body.

After a while you might find that the callipers and measurements don't change, so you are someone that eats right and respects their health. Be proud of the fact that every day you are doing something to battle heart disease, fight off diabetes and living a healthy natural life for years to come.

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. In maintenance mode you don't need more rules and extreme regimentation.

You need flexibility and good daily decision-making. If you need a refresher simply go back and review the modules.

Tip 9 Expect the novelty to wear off so please try your best with new foods and exercise routines. Join Gorgeous Graduates and you will find new more advanced exercise routines.

However at some stage the novelty will wear off, that is something you come to expect. So make sure you are ready for the ebbs and flows with eating and exercise.

Make routine a positive factor in your personal exercising and training.

Tip 10 Evolve. Your goals will change so keep looking for new tips now you understand good nutrition. Maybe you used to get motivated by attaining a tight waistline, but now you get enthusiastic about gardening and buying more local food.

Your goals will change, let them and continue to be healthy and active.

Tip 11 Be your Number 1 priority - prioritise yourself. If you don't prioritise yourself you will soon start to suffer.

Women in particular have a tough time with this; you will make sure everyone else is taken care of before taking care of yourself.

If you fail to look after yourself, you will quickly run out of energy to help those around you.

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.

Whatever disasters come up don't compromise your minimums, don't give yourself 'I won't do anything for 2 weeks' get out. It will become a landslide.

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.

Keep participating in the private forum.

Maintenance is a skill you need to master, learning to change is one skill and maintenance is another.

Maintenance is about going back to basics and first principles and following them consistently. Complexity is not sustainable in the long run.

It is very easy to think "I've got this!" and forget to monitor your red flags. Don't get too confident, make sure your basics are really covered and that your body continues to really work properly.

If you are listening to your hunger cues maintenance becomes much easier. Eating when you are hungry, slowing down your meals and stopping when satisfied will make a huge difference when maintaining.

When you have reached your goal measuring can feel painful but stick to the essentials, measure only a few things that will keep your attention and keep you interested.

Stick to your plan.

Recipes

Most cookbooks focus on the art of food presentation for professional cooks.

Recipes are generally way too complicated for busy women, you don't have all the ingredients; all the exotic herbs! Have a look in the recipes tab on the membership site for some basic recipes but let's have some of yours x

Adele x

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.
5. Join Gorgeous Graduates x