



Monthly Planner & Newsletter

My **WHY** *is where I* **THRIVE**

WHY I WANT TO BE MY BEST SELF:

THIS MONTHS FOCUS:

THIS MONTHS CHALLENGES:

January Round Up

We've had an exciting start to the New Year introducing you to our amazing KCALS Support booklet.

If you haven't already got one you can purchase for £5 each.

It's packed full of information, advice, tips, tricks, recipes and much much more, we hope you'll agree it's a worth while tool which you can constantly refer back for additional support.

January was most definitely about U!

We looked at behaviour change 1 small change can make a huge difference - What's in it for me WIIFM we dangled the carrot to support change!

Introducing the 4 pillars, behaviour, support, nutrition & Activity, helps us realise the impact all 4 have on our weight loss journey. Build good foundations to strengthen your pillars for consistent weight loss.

We then looked at the Eat Well plate focusing on nutrition, helping keep you fuller for longer.

We then enforced the importance of portion sizes, enjoying the same volume of food for less calories.

January isn't always the best month to get started but never stop trying

Lets start to feel Fab in Feb

The only **WHY** you ever need is **Y**  **U**

FEBRUARY

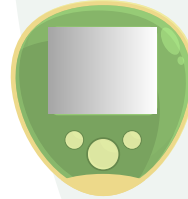
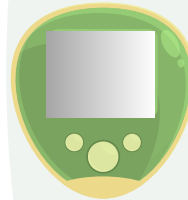
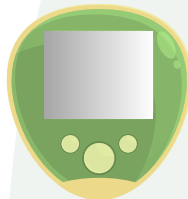
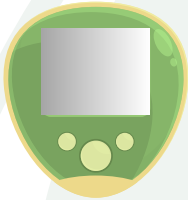
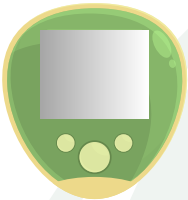
Step & 5 A DAY Tracker



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

Total Steps

5 A DAY



MOVE OUT OF YOUR OWN WAY

Food for thought...

Its in our nature to eat with our eyes - we like to see a full plate! There are some very simple ways you can keep your portions looking healthy, reducing calories and still feel like you are eating a decent portion of food.

CAN YOU SPOT THE DIFFERENCE?



995kcal



535kcal

Nothing has been removed from both of these meals all the flavours are present. Its simple portion distortion working in your favour, giving you the nutrients and reduced calories to make for a balanced meal.

When we don't weigh and measure our portions its easy to see how they can increase, which means the calories you thought you were spending have actually doubled - no wonder our weight loss efforts are not showing! Think about your meals this week, what can you do to make your calories work harder and go further?



800kcal



465kcal

Calorie heavy dressings, large portions of grains, starchy carbs and not enough veg can increase the caloric content but with a little tweaking and rearranging of portions you can have the same volume its healthier and less calories!



Puff Pastry Hearts

320g ready rolled light puff pastry
125ml whipping cream
1 tbsp vanilla extract
100g fresh strawberries
2tbsp icing sugar

- Preheat oven to 200*c and line baking tray with baking paper.
- Open out the Pastry use a 4 inch heart cookie cutter, Place the hearts on the tray and bake in oven for 9-10 minutes, until puffed up and golden. Remove from the oven and allow to cool.
- In a large bowl whip up the cream with the vanilla extract with an electric whisk until thick.
- Weight the pastry to get the calories per heart and slice in half, pipe a layer of cream on the base. Top with sliced strawberries and another layer of cream, followed by the other half of the heart. Sprinkle with icing sugar and serve immediately.

REMEMBER TO WEIGH AND MEASURE CALORIES WILL VARY

JANUARY WEIGHT LOSS

339lbs

Meet Andrew from Middleton...



"I've been a member of KCALS since July and have lost 35 pounds in that time. I have recently had a Well Man checkup and my cholesterol has gone from 5.7 to 4.9. The bad cholesterol has gone from 4.0 to 1.9. My BMI has dropped from 34.6 to 29.6. I feel loads better and I can't thank Claire enough for her help and support on my weight loss journey. I recommend KCALS to all my customers. I hope this inspires others to keep going."

As January is a dull arse month, we booked our
SUMMER FESTIVAL BALL
so we all had something to look forward to



*Never give up on your goals because
of the time it takes to achieve them...*
the time will pass anyway!