



## Monthly Planner & Newsletter

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

WHY I WANT TO BE MY BEST SELF:

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THIS MONTHS FOCUS:

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THIS MONTHS CHALLENGES:

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## November/December round up...

It is the most wonderful & Difficult time of the year everyone wants a piece of you on the social front... Its so easy to say I'll leave it now and start again in January.

However that's not what our fabulous, supportive members have done. We've all dug deep over the past weeks and managed our expectations. We've looked at the changing seasons and what Winter Warmers we can put on our plates, casseroles, stews, pies, soups its an easy way to pack our meals with lots of vitamins, minerals, nutrients & fibre.

Christmas present is already looking different to those of the past as calorie counting means no foods are off limits, it's about being accountable, tracking and finding our balance. Yes, some days we will not be in a calorie deficit, that's normal as we discussed around socialising, eating out, drinks! other days we can manage our calories with foods that keep us fuller for longer making us less likely to snack.

If you are reflecting back on your year and you're not happy with the progress you've made, feeling frustrated or angry with yourself isn't going to change that...

Make sure you eat, drink and be merry - no one remembers or cares about the temporary 5lb gain you had over the holidays they remember the time they spent and the memories they made with YOU!

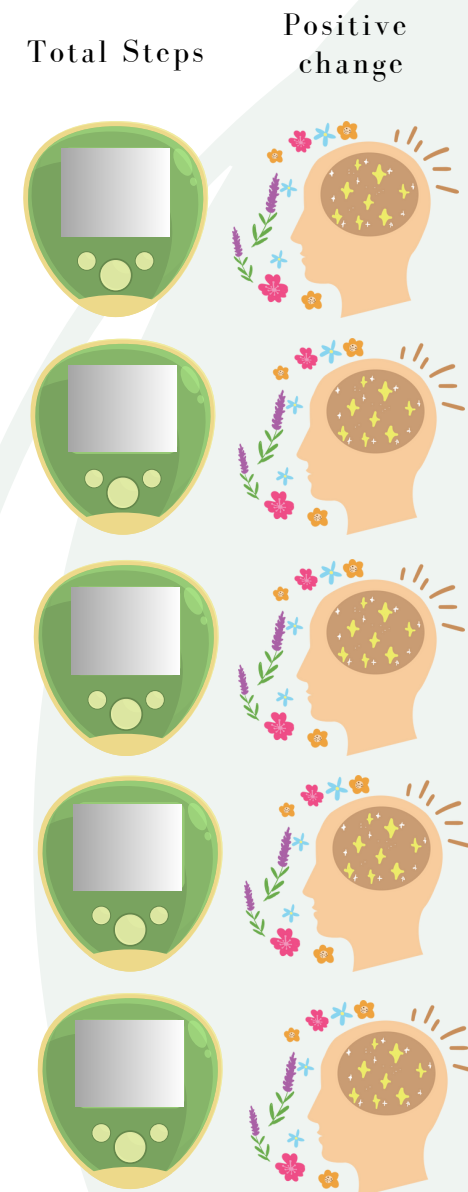
Wishing you the very best for 2025 xxx

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

# January Step & Behaviour 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	30	31		



EAT DRINK BE MERRY & TRACK!

# Food for thought...

We've all over-indulged at some point over the past month maybe some more than others and that's ok, what's not ok is dwelling on it! The easiest way to manage excess is to move on as soon as possible - see it that you enjoyed yourself you ate great food drank wonderful wine/cocktails and made great memories! If you focus on the negative "I had a really bad night I ate and drank so much" "I've ruined my whole week" "no point in eating well now" then you'll get stuck in a negative habit loop making progress seem impossible!

## How to recover AFTER YOUVE OVERINDULGED



HYDRATE...  
DRINK MORE FLUIDS



EAT WELL...  
PUT SOME GOODNESS BACK IN BUT  
DON'T BE TOO RESTRICTIVE ITS  
OK TO STILL HAVE SOME TREATS



MOVE...  
GET OUT AND GET YOUR STEPS IN  
BLOW THE COBWEBS AWAY



SUPPORT...  
GO TO YOUR KCALS SESSION AND  
CATCH UP WITH YOUR MATES



PHOTO CREDIT NUTRACHECK AND BBC GOOD FOOD

## Super Crunchy Salad

SERVES 4 - 248 CALORIES PER SERVING

Super quick salad packed with full of nutrients, serve for lunch or evening meals with added protein or simply dig in for a healthy filling snack.

250g broccoli, cut into small florets, 100g dried apricots, cut into strips, 300g red cabbage, finely shredded 400g can chickpeas, rinsed and drained, 50g sunflower seeds 1 small red onion finely sliced, 2cm piece ginger, grated Juice of 1 small orange, 1 tbsp balsamic vinegar, 2 tsp olive oil.

Blanch the broccoli in a pan of boiling water for 1 min. Drain and quickly cool under cold running water, then pat dry with kitchen paper. Put in a bowl with the apricots, broccoli, red cabbage, chickpeas and sunflower seeds.

Put the onion and ginger in a bowl with the orange juice, vinegar and oil. Mix well. Leave for 5 mins to soften the onion, then add to the salad and thoroughly toss everything together.

REMEMBER TO WEIGH AND MEASURE CALORIES WILL VARY

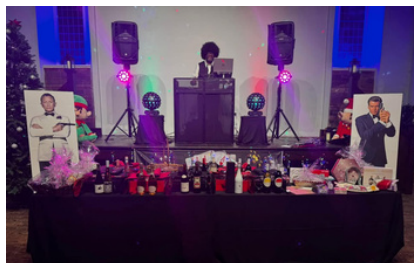


# 2024 WEIGHT LOSS

# 96761bs

## CONGRATULATIONS

On 14th December we hosted our annual Christmas Ball this years theme was Casino Royale! What a fabulous night it was too! 98 members attended proving you can live your best life whilst being your best self!



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