



Monthly Planner & Newsletter

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

WHY I WANT TO BE MY BEST SELF:

THIS MONTHS FOCUS:

THIS MONTHS CHALLENGES:

July round up...

We literally stepped into our Summer of Success by starting our July Step Challenge. How far could you travel? 2000 steps is roughly 1 mile. Our focus was to move more and increase our daily steps by 2000 to boost our health and mindset. 1 minute of exercise offsets 14 minutes of sitting, so if you have a desk job get up and move!

We then moved our focus OFF the scale. There are so many benefits to losing weight but if you focus all your energy on the scale you'll miss them. It was so inspiring to hear all your life changing non-scale victories in the sessions.

As we moved further into Summer we looked at our Calorie Allowance. Was it right? Were we tracking and planning properly? With a few tweaks here and there we discussed how we can still eat within our daily allowance and stay satisfied without missing out on any of the foods we love.

We all struggle but you don't have to struggle alone! A problem shared... that's why being in your session is so important! It seems there is always something stopping us; birthdays, holidays, bank holidays, weekends, football, anniversary's its an endless list of EXCUSES so find your REASONS!

As July came to a close we reflected back on how proud we were of our past weeks on and off the scales. Charms were awarded to everyone that completed the Step Challenge and we revisited our WHY and asked WIIFM this August!

It was also with a heavy heart Lisa stepped away from her 2 sessions, don't worry she'll still be our cover coach. It was lovely to see the members transition over to another session in order to continue their journey.

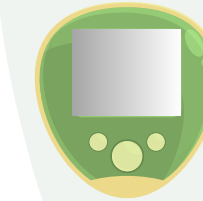
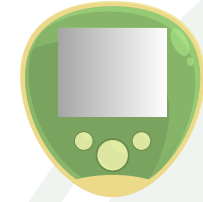
The only **WHY** you ever need is **Y**  **U**

August Step and Food 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	

Total Steps Tracker complete



YOUR STRONGEST MUSCLE AND YOUR WORST ENEMY IS YOUR MIND! TRAIN IT WELL!

Food for thought...

As our bodies are mainly composed of water most of the weight changes we see from day to day are water changes, not fat changes. There are a few reasons why you may see fluctuations at the scales. Illness, increase in cardio, inflammation, change meal times, eating larger portions, increased salt intake to name a few.

TRUST YOUR CALORIE DEFICIT

If you are tracking your food accurately and eating within your caloric deficit, you will lose weight.

OLD ME



Milk and sugar
isn't good for me

Just veggies for me got
to keep in control of
the calories



Bowl of fruit
for dessert

Low caloric
snack



Half a
sandwich got
to control the
carbs

NEW ME



I love coffee I track it
and enjoy it every day

Good fats and
protein keep me
fuller for longer



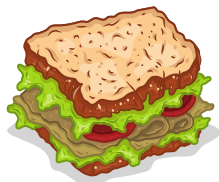
Got my special
vessel! Fruit and
Ice cream



Veggies are more
filling with Hummus



I can eat bread.
Wholemeal is packed
full of fibre



Chat Bombs

55 CALORIES EACH

These filled crispy little balls of yoghurt, chutney and chickpeas are delightful! You'll find Pani Puri in most supermarkets in the Asian food aisles.

100g plain yoghurt fat free yoghurt, 1 teaspoon chopped coriander or mint or both, 1/4 teaspoon cumin, small red onion finely chopped, 1/2 teaspoon lime juice, Mango chutney or a spiced chilli chutney, Chick peas, Pomegranate Seeds, Bombay mix or Sev noodles (Asian food aisle)

Mix yoghurt with the chopped coriander, mint, lime and cumin and season to taste.

Gently break a hole in each Pani Puri drop in teaspoon chopped red onion 6 chickpeas, teaspoon chutney, fill up with the yoghurt then add a pinch of Bombay mix and a few pomegranate seeds.

Eat each one whole otherwise you'll end up wearing it!

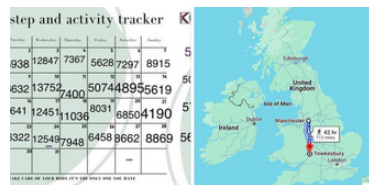
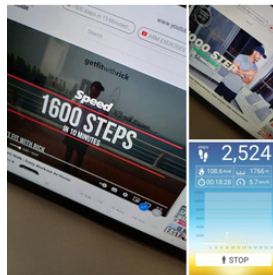
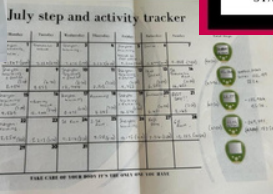
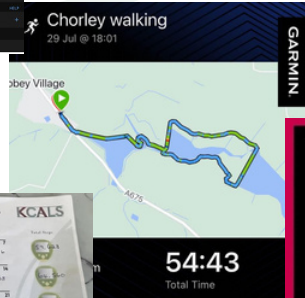
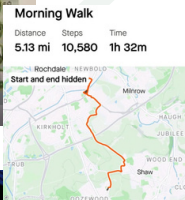
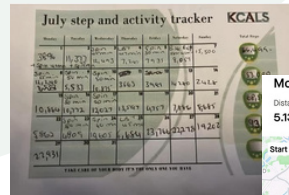
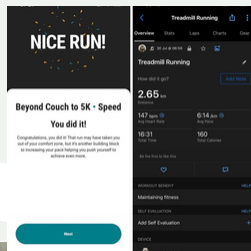
REMEMBER TO WEIGH AND MEASURE CALORIES WILL VARY

MEMBER HIGHLIGHTS

397lbs

LOST IN JULY

July saw us stepping into action and making activity a healthy habit
NOT an excuse to eat more food!



2019



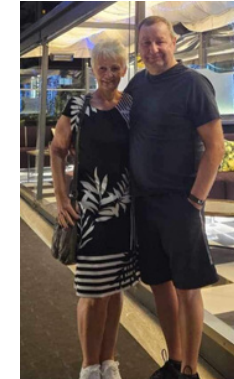
2020



2022



2023



2023



2023



2024

Meet Panda from our Thursday meeting in Royton

Back in 2019 after being at goal for 5 years, I gradually started putting weight on again. After seeing a photo of myself in March 2022, I realised enough was enough. I joined the KCALS Royton group. I found calorie counting was far more flexible than other weight loss groups. The support was amazing and in September 2023, I reached my goal, losing 64lbs. I have lost another 7lbs since then, which gives me plenty of wiggle room for holidays etc. I have found that eating between 80-110g protein a day has really helped keep me fuller for longer. My confidence has returned, my energy levels are back and I'm back to running and still cycling, hiking and walking. Also trying to do more strength training with weights. On August 4th, I am trying paddle boarding for the first time. Life as an OAP is good.

Supporting and encouraging each other in our FaceBook group saw us walk all the way to Australia! Bonza!

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