



Week 6

Measuring progress

In week 6 we review:

- Your progress, did you achieve your goals?
- Celebrate achievements.
- Healthy lifestyle toolkit as a long-term behaviour change resource.
- How have your habits changed since you started?
- Reassess your SMART Goals, progress made and adjust as necessary.

Over the past 9 weeks you have gained a better awareness and understanding of your eating, activity levels and lifestyle habits and how you can make steps towards changing them for the better. You are hopefully enjoying healthy balanced meals and eating more lean protein, whole grains, vegetables and fruits as well as being more active each day.

At your very first session you set yourself **SMART GOALS**, some were short-term goals breaking down your long-term goals into smaller steps.

- Are you making progress towards these goals?
- What about your 3D Body Scan, have you made progress?
- Are you eating more healthy and balanced meals?
- Are you more active?
- Are you feeling better, better energy levels, improved sleep, better mood or feeling more confident?
- Have you continued to keep a food and drinks diary?
- If so, what changes have you made since you started?

If you haven't kept a **FOOD DIARY** throughout the 9 weeks, do another one this week. It doesn't have to be a full 7 days, you can log your food and drink for 3 days (include at least one weekend day) and see how your habits have changed.

Congratulations for the changes you have made and the goals you have achieved.

If you have made progress and are being consistent with your new habits, don't forget to celebrate your achievements! Treat yourself to something, preferably a non-food reward!

Keep implementing the habits you have already been working on. Add new ones over time.

This is a long-term journey, keep learning about yourself and continue to enjoy new experiences!

Think of what you would like to achieve and set yourself new goals – believe in yourself!

Based on your experiences over the past few weeks you will find things that work for you and help you with your healthy habits. Use them to create strategies that you live by, for example:

- I will not eat dinner while watching TV.
- I will make a menu plan for the week ahead and do food shopping on the same day of each week.
- I will use my lunch hour as an opportunity to get some exercise.
- I will keep my snacks to around 150 calories.
- I will eat breakfast every morning.

- I will bring lunch to work with me four out of five days a week.
- I will lay my gym clothes out in the evening and take them with me to work so I can exercise before I return home.
- I will drink a glass of water with each meal and take my water bottle with me to work.
- I will get a minimum of 7 hours sleep per night.

THESE CAN BE AS GENERAL OR AS DETAILED AS YOU WANT

it is completely up to you. If you like to eat out, continue to do that but have a strategy in place to help you continue to eat healthily, for example "I will also add a side of extra vegetables when eating out." These strategies should reflect what is important to you, if you enjoy having dessert your strategies should reflect that.

From time to time **REVIEW YOUR STRATEGIES, SOME OF THEM MAY NO LONGER BE RELEVANT**, you may need to think of new strategies that are more relevant to your current lifestyle.

At this stage you should be in the process of establishing wellbeing habits that you can stick to.

The following steps can help you:

REWARD YOURSELF TO HELP KEEP UP YOUR MOTIVATION

Changing behaviours, habits and routines can be challenging. After a week or two of having a healthy homemade lunch and dinners treat yourself to something you have been wanting. You could also save the money you haven't been spending eating out and put it towards saving for a summer holiday.

You have a lot of useful information in your Healthy Lifestyle Toolkit, this is a resource you can use to help you build on the habits you have already established over the past 9 weeks. Use it as a starting point and add other helpful information and resources to it to help you on your healthy lifestyle journey.

To maintain your progress and prevent a return to your old habits may be concerning you and that is a very common concern after losing weight or making significant lifestyle changes. Be confident in what you can achieve, you have learned a lot and you have done well. You have built a strong foundation for building a healthy lifestyle, keep adding to that, each small step is an improvement.

When you add all the wee steps up over the long term you will make massive progress!

Stick with it!

Here are some strategies to help you stay on track:

Focus on sustainable habits

Keep it realistic – make sure your eating and exercise routines are enjoyable and sustainable for the long term. Extreme measures often lead to burnout. If you're not enjoying the food you're eating you are never going to stick to it long term and if you're struggling with the exercise you've picked or the number of sessions you are trying to cram in, you are never going to keep it up. What you do does not have to be perfect, but it does have to be something you are going to be able and willing to do long term if it is going to work!

80/20 rule – follow a balanced approach where 80% of your choices are healthy and 20% allow for flexibility and indulgence to keep you happy and maintain your weight. When you are trying to lose weight you will be consuming less calories and are more likely to be feeling a bit hungrier. You would probably feel better if you had healthy choices 90% of the time and had 10% of flexibility and indulgence!

Revisit your goals

Set long term goals beyond weight loss, like increasing your energy levels, improving your strength or running a race (sign up for an event to increase your motivation and keep you accountable).

Break any goal you set into smaller achievable milestones with a time limit to maintain motivation.

Track your progress

Keep a food or a fitness journal or use apps to monitor your habits. Awareness can help you stay consistent. Reflect on how far you have come to help motivate yourself during challenging times. Keep any information you have and look back at it, you'll be amazed at the progress you will have made with time!

Avoid all-or-nothing thinking

One slip up – and they will happen, it is absolutely normal – does not undo all your progress. Acknowledge it, learn from it and refocus on your goals without guilt.

Keep challenging yourself

Add variety to your workouts, increase your weights as you get stronger, keep your workouts enjoyable to prevent boredom, keep your body adapting and see the fruits of your labour. Get the results you deserve!

Keep trying new healthy recipes and experiment with cuisines from different countries, keep your meals enjoyable and exciting.

Create a support system

Surround yourself with people who encourage your healthy lifestyle. Join a fitness group of likeminded people, find an accountability partner or contact us:

pt@healthoutfit.co.uk

If you are needing help with workouts or if you have reached a plateau and are struggling or even if there's something you are not sure about, we are always on hand to help.

Prepare for obstacles

Identify triggers that might cause you to revert to your old habits, like stress or lack of time, and develop strategies to manage them.

Ensure you stock your home with healthy food options for meals and snacks and plan your meals in advance.

Celebrate non-scale victories

It's not all about the number on the scales! Scale weight is your weight at a particular time and can be affected by various things that are not bodyfat.

Eating more carbohydrates, having undigested food in your gut, eating more salt and levels of hydration are all variables that could increase scale weight even when you have lost body fat.

Don't let the weight on the scales demotivate you – unless you know you have slipped up on your habits and there is a genuine reason why the scale number has increased.

Recognise achievements like more energy, better sleep, better mood, finding everyday tasks of living easier or fitting into your clothes more comfortably. Reward yourself with non-food treats like a massage, a new outfit or doing a fun activity.

Prioritize self-care

Get enough sleep, poor sleep impacts appetite and energy levels.

Practice stress management techniques like mindfulness, meditation or yoga to avoid emotional eating.

Reassess regularly

Periodically evaluate your habits and progress towards your goals. Make adjustments to what you are doing, if you are not making progress or if you have made new goals, keep your habits aligned with your evolving goals and lifestyle.

Staying consistent is all about building a lifestyle you enjoy and value, it must be something you can stick to consistently and it has to be sustainable if it's going to work.

Maintaining balance and keeping your goals in sight will work wonders sustaining your achievements long-term!

Small steps every day = big changes on the way!

Look back at the progress you have made already and see how far you have come. This is just the start of a healthier lifestyle.

What has changed since you started?

How are your SMART goals, are they still appropriate?

Are they still challenging you? Is there anything else you want to achieve?

Make new goals, adjust your goals if needed.

Just keep up what you have started, step by step!

Believe in yourself, and you will be **UNSTOPPABLE!**

ENJOY THE JOURNEY!