

## **This is a Christmas like no other in living memory, so read me please, I'm important!**

Thank you for downloading the Christmas & New Year Support Pack. To help you get the most from this pack it is important that you read this short introduction.

Included in this pack is a collection of useful tip sheets, a collection of recipes and an activity planner that runs from Saturday 19<sup>th</sup> December to Tuesday 5<sup>th</sup> January.

### **How to use the Christmas Activity Planner ("My Goals & Benefits")**

In order to succeed in your new undertaking, you must have a clear idea of what you wish to achieve. It may seem obvious, but you can't find what you're not looking for. Even if you've experienced failures or slips in the past don't beat yourself up and instead see how you can learn and improve. Strive for progress not perfection!

Use the activity calendar as your focal point. There are six key areas for you to focus on:

- Motivational Tools
- Hydration
- Exercise
- Alcohol-Free Days
- Sugar-Free Days
- Sleep

Be positive and look to the easy-wins, those activities that are pretty straight forward to implement without any disruption or fuss. Setting a goal of 2 litres of water every day is a great start.

Then add to this by planning ahead and selecting those days that you can set aside as both alcohol-free and/or sugar-free.

Next, think about exercise and how you will aim to reach a goal – be it steps, number of minutes walked or whatever exercise you feel is the one that will work best for you.

Use the recipes to replace the store-bought, fat and sugar-rich foods.

What we eat and how much we eat is directly correlated to the amount of sleep we get. People underestimate its importance in weight management when it actually has a stronger influence than diet or exercise. Try aim for 7/8 hrs sleep per night

Check out the *Tips to enjoy weight loss this Christmas* sheet and see how you can add those tips to your daily routine.

Have you noticed what we have done – we've focused on adding in or replacing rather than giving up. All positive motivation!

If we can do this, the good habits will nudge out some of the bad habits. But let's not stop there, let's use this positive motivation to help break other bad habits.

All that's left is to wish you a safe and happy Christmas and a healthy New Year.

From the team at Motivation Weight Management