



M.A.N.E. Framework (8)

M – Are You Ready To Leave This Group? Remember, No Excuses.

A – Pledge Check In

N – Trigger Foods, Protein

E - Home Workouts

Results Personal Training & Group Fitness

29 Main Street,

Bainsford,

Falkirk FK2 7PQ

07766993091

www.resultspersonaltraining.co.uk

derek@resultspersonaltraining.co.uk

M - Mindset

Are ready to leave this group?

Not everybody in this group started attending at the same time. Some have been coming for a few months now, and others have just been attending for much less time. But at what point will you be ready to leave this group? Are you ready now? What will you do if/when you go?

The most important thing to remember when it comes to your future health and well being, is that your actions will always be the most important part.

Remember this one statement, and think back to it when you start to reintroduce foods that are not recommended on this plan (which you will, let's be honest – even if only at holiday times, when eating out or over the festive period).

“It doesn't matter what you know; it matters what you do!”

So what do I mean by this? I mean that it doesn't matter what you've sat here and 'learned'. It doesn't matter if you are a world renowned expert on nutrition. It only matters what you do, meal after meal, hour after hour, day after day. And if you're not doing, then it's time to take action. What some people will do is go right back into 'denial mode' and bury their head in the sand with internal statements such as 'well I got that weight off before, so I know I can easily do it again. I'll just keep doing what I'm doing for now'. (And weeks or months down the line they're still doing the same and still not taking action to correct this).

Sometimes you have to be brutally honest with yourself and review your actions, and the way in which you're heading. No more hiding from the scales and covering up when going to events, or avoiding the swimming pool. That's no way to live your life, and you're here to change these things and NOT GO BACK.

The truth is that people generally, are not ready to leave this group.

When the accountability is lessened, and your circle of influence is reduced, then you will find yourself going 'off track'.

Will feel that you have the hang of it with the nutrition, but the reality is that if you are consistently doing well with it just now, it's largely down to the high level of accountability, weekly coaching, and your circle of influence. If you remove yourself from these, then the food cupboards will start to see bread and chocolate returning, followed by more eating out and takeaways etc. I've seen it umpteen times before.

I check up on former clients from time to time and I can tell you with 100% honesty that there are very, very few people who have thrived once they've removed themselves from this group. Those that have done best are still surrounded by great influences and still have some degree of accountability. If they didn't have, the odds would very much be stacked against them.

Often times when I ask people how they're doing, they say 'erm, OK', and will often say 'I haven't been having fizzy drink again though'. (This is a diversionary tactic because the person doesn't want the discomfort of admitting that they are eating crap and are not happy about it).

It's great that you're not back to having fizzy drinks, but what about the other food? Sure enough, the bread and the chocolate have started to multiply in number and frequency and old habits start to return. The weight and body fat have either increased or have stagnated, with very few people ever progressing further.

I'm not saying this to try and sell you into something that you don't need, or any other cynical motive. I'm saying this because it's the truth, and I've seen it umpteen times over with people.

Now, does this mean that you have to remain a member of this group for the rest of your life? Well, hopefully not. We do offer continuity packages, where you still get to track your meals via pictures and get feedback and accountability, plus a lesser frequent attendance within this group e.g. you would come back into certain sessions at this group in order to do some goal setting, or to prepare for the festive period, when you're far more likely to go off track with all of the temptations on offer.

So there are options for you going forwards. When it comes to leaving this group, it would be a great idea

to make a promise to yourself and put it in the diary, that if 8 weeks down the line, if you've started to regress, and are reintroducing junk foods, that you come back, or at least reach out for help. Otherwise the blinkers can end up going on, and you end up gaining weight back again. That's the cold, hard truth, folks. Please take heed.

Reminder: No excuses is the way for you to reach your goals!

I know that I rattle on about it, but at the end of the day it's 100% true. Any excuses given are what hold you back from reaching goals. Blaming others and making excuses gives your power away. You have the power to turn your life around, so embrace this rather than giving it away with blame.

A – Accountability

Pledge check in

So you made a pledge last week, to keep you on the straight and narrow over the following fortnight, and you're now half way in. How have you got on so far?

Have you managed to stick to it? If not, have you pledged your money to the charity of choice?

N – Nutrition

Trigger Foods

A trigger food is a specific food that sets off a course of overeating where control is lost. The most common trigger foods are calorie-dense, highly palatable foods that are often combinations of sugar and fat (e.g. ice cream, cookies) or fat and salt (e.g. nuts, crisps or chips).

Trigger Foods: Write down a list of the foods you tend to crave and/or binge on. These are the “trigger foods” you need to avoid completely.

My trigger foods are:

Now you need to take action (again) to ensure that NONE of these trigger foods are around you in the home, at work or in your car (yes, the glove compartment and door compartments often contain 'treats').

Before you say “ah but I need them there for the kids” are they really your kids' trigger foods? Could your kid have something else available that would not be a trigger food for you? Is it really beneficial to your child's teeth anyway, and does it produce hyperactivity, impatience, lack of concentration and tantrums? Think about it.

Does your partner have these foods at home? Could you have a chat with them and ask them to clear these away, or at the very least, move them to the least convenient location possible (the furthest away cupboard in the spare room, or the garage or shed?) The more that your trigger foods are around, the greater the likelihood that you will eat them. Be warned!

In order to eradicate the trigger foods around me day to day, I will now take the following actions:

Protein

Protein is an important macro nutrient when you are training, and indeed for human health in general. Protein foods have some great benefits, including

Filling you up. You will generally feel more full if you eat protein as part of your daily meals, rather than simply eating starchy sources all of the time.

Has a thermogenic effect, whereby some of the calories are not absorbed. What this means is that while you're digesting protein food sources, you actually expend some energy through the digestive process, meaning that not all calories are ingested. (This is part of the reason why the body does not treat all calories the same).

Does not have any sugar content (unless sauces are applied or food companies have found other ingenious ways of loading it in). Chicken, eggs, beef, fish and nuts, do not have any sugar in them when in their natural form. When man 'does us the favour' of adding sauces, or puts a honey glazing onto that food source, or makes it 'Extra Tasty' or similar, then they have added in sugar. In their most natural form, protein foods will serve you really well when you're shedding pounds and inches.

Repairs lean muscle tissue following exercise. Protein is broken down in the body into amino acids, which the body cannot produce by itself. It needs you to consume protein-based foods in order to get these essential amino acids, which are vital for repair of muscle tissues, which are broken down during exercise. When you work out, you put little micro tears in the muscles, and the protein is needed to heal these tears and for building more lean muscle tissue to cope with the demands that training places on the body.

Vegetable protein is 'incomplete protein'. Some vegetables are good sources of protein, though unfortunately they don't contain all of the amino acids, only some of them. So you have to combine different types of vegetables, each containing some different amino acids, in order to get a complete combination of all of the amino acids.

Tips

Eat protein foods at every meal.

Eat protein foods that are as close to their natural form as possible (avoiding 'honey glazed', 'extra tasty' and 'marinated' or 'sweet' varieties). Use spices and herbs, plus pepper etc to flavour, rather than relying on the sugar-laden sauces that food companies are trying to get us to buy.

Egg is simply the best form of protein on the planet. Don't believe the marketing BS about 'protein shakes' such as whey proteins, being the best form of protein. They're not.

Examples of foods high in protein

Eggs

Meats

Fish

Nuts

Dairy (though I would highly recommend limiting this form of protein)

Vegetables (though they need combining to make up 'complete protein')