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# Tips from the Experts!

## Fitness

**Gym is not your thing? Try one of these alternative exercises to get your heart rate going:**

- **At home:** DVD workouts, Strength and Flex, 10-minute workouts
- **Outdoor:** Walking, gardening, bowls
- **Solitary:** Pilates, yoga, tai chi, swimming, running, rollerblading
- **With a friend:** Badminton, dance classes, Zumba
- **With family:** Park football, rounders, Frisbee, hiking

**How to avoid temptation:**

- Before eating, ask yourself if you're really hungry
- Don't store junk food, such as chocolate and crisps, at home
- Stock up on healthier and lowercalorie food for when hunger strikes
- Keep yourself busy so you're not always thinking about food
- Never shop hungry. Prepare a shopping list and stick to it
- Don't ban foods. You will only crave them more

## Nutrition

## Mindfulness

**Here is a short & simple mindful exercise that you might like to try**

Sit or lie down comfortably. Notice the colours entering your eyes, the tones, shades & hues. Enjoy the miracle of sight.

Let your eyes close & be aware of the sensations of your body, the areas of tension & relaxation, comfort & discomfort, the movement of the breath as it enters & leaves, the texture of your clothes against your skin. Draw your attention to the scents that you are aware of & then to any tastes in your mouth.

Next listen for the sounds around you, try to just be aware of the sounds & not any thoughts associated with them. Let go of all effort, just be the observer.

When you are ready bring the exercise to a close. Have a yawn & a stretch and have a drink of water.

How did that feel? You could repeat this exercise whenever you have a moment during the day.

# The Programme

## Week 1

Wed 15th Jan - 5.30pm

Fit Steps  
CGF Fitness  
Taster Class

Plan your meals including some healthy replacement snacks!



Sat 18th Jan - 11am

Nutritional Talk at 5S Fitness!  
Balanced Nutrition inc. in programme

## Week 2

FREE access to 5S Fitness ALL WEEK



Ensure 2/3 of your plate at your main meal is veggies!



Wed 22nd Jan - 8.30pm

'Benefits of Exercise Talk - Happy, Healthy, Fit' CGF Fitness inc. in programme

## Week 3

Drink more water, especially before meals



Sat 1st Feb - 10am  
Mindfulness & Well-being Talk at the Hospice inc. in programme

Make healthy changes; wholegrain bread, sweet potatoes & wholemeal pasta



## Week 4

Why not download the 'Couch to 5K' podcast? [nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)



Wednesday - 7.30pm

Zumba  
CGF Fitness  
Taster Class

Go on a 10 min walk a few times this week



## Week 5

Download apps such as Headspace or Calm to give yourself time to decompress and reflect.



Prep meals in advance this week. This will help you avoid making bad meal decisions in a rush!



Thursday - 8.15pm

Pilates  
CGF Fitness  
additional fee applies

## Week 6

Monday - 6.30/9.30am

Conditioning  
5S Fitness  
additional fee applies

You are half way through! Plan a non-food related treat, such as:

- \* Bubble Bath
- \* Haircut
- \* New Clothes
- \* Massage
- \* New Music
- \* A trip to the cinema



"Strive for progress, not perfection."

## Week 7



Is stress or feeling down causing you to overeat? If you think it might be, visit the Moodzone at [nhs.uk/moodzone](https://nhs.uk/moodzone)

Could you stop having sugar in your brew?



### Sunday 1st March

• "Drop a Jean Size programme"  
• CGF Fitness  
• additional fee applies

## Week 8



Take the stairs over the lift wherever possible for the rest of the programme

### Wed 4th March - 4pm

• Mindfulness & Well-being Talk at the Hospice  
• inc. in programme

"If it doesn't challenge you, it doesn't change you."



- Fred DeVito



## Week 9

### Monday - 9.30am

• Spin & Tone  
• CGF Fitness  
• additional fee applies

Increase to a 20 min walk a few times this week



### Wednesday - 7.30pm

• Strength  
• 5S Fitness  
• additional fee applies



## Week 10



A good night sleep is vital to tackling lifestyle & habit changes!



### Sunday - 9.30am

• Legs, Bums & Tums  
• CGF Fitness  
• additional fee applies

Our nurses walk over 10,000 steps per day and cover over 5 miles, if you have a smart phone or fitness watch, see how close you can get to match this!

## Week 11

"Take pride in how far you have come. Have faith in how far you can go."

- Michael Josephson



An easy way to reduce portion sizes... use smaller plates & bowls!



### Saturday - 8.30am

• Conditioning  
• 5S Fitness  
• additional fee applies

## Week 12 Stick with it!



Over these past 12 weeks, we've helped you develop good habits; eating healthier & taking regular activity. Now you need to stick with it. Changing habits of a lifetime isn't easy & can be quickly undone, so you'll need to remain extra vigilant over the next few weeks to embed those changes. You'll have lapses & moments of weakness. We all do. But the quicker you get back on track, the smaller the impact of a slip-up will be.



# What is included?



To help you with your 12 week programme we will be providing you with an East Cheshire Hospice water bottle and active wear t-shirt to use throughout!



5S Fitness are offering you:



- **A Christmas Membership Offer:** If you sign up any time after the 1st December, you won't pay anything until the 1st February
- **Full week of training at 5S for FREE with no obligation:** Access to the gym from 6:30am – 9pm everyday from Monday 20th January to Sunday 26th January, plus all 6 daily classes included (all instructed by highly experienced Strength & Conditioning coaches).



Gill Black, Complementary Therapist at East Cheshire Hospice will be giving talks on mindfulness and well-being at the Hospice

Here you will gain knowledge & insight into how this can help with your new healthy lifestyle!



Rebecca, Trainee Nutritionist, Balanced Nutrition is offering you:

- Nutritional tips & advice included throughout this booklet & in the Balanced Nutrition downloadable document.
- Nutritional seminars taking place at 5S Fitness to help with your planning for the 12 week programme
- Opportunities to try healthy snacks at the seminars, for inspiration!
- 10 delicious and healthy recipes
- You can follow Rebecca on Facebook for more advice & tips

@balancednutritionuk





## Carla Gilder Fitness is offering you:

A free talk on the 'Benefits of Exercise'

A £15 voucher which can be used towards a number of things:

- 21-day programme that includes 3 classes per week, fitness journal, weekly weigh in (no PT). Usually £55, with £15 gift card programme would be £40. (Start dates: Mon 13th Jan, Mon 10th Feb & Mon 9th Mar)
- A 10 Class Pass, Usually £65 now £55
- A CGF Fitness Membership, usually £50 per month (with unlimited classes!)

Individual classes are £7 each (First class is free! You can use these as taster classes)



**CGF fitness may also be able to offer some bonuses such as free recipes, video clips of workouts and exercises to be completed at home, so keep your eye out on the Facebook group!**

## Graze Vouchers for FREE GRAZE BOXES!

Healthy snacks, protein rich food & bite size treats.



### Food Diary

Use the free Food Diary downloads to monitor what you are eating throughout the 12 weeks.



Seeing it written down can be a real deterrent to have that extra snack!



Everybody Gym Macclesfield has donated 2 free swim sessions for everyone taking part in Lbs 4 £s!



### Tracker



Use the downloadable Tracker to monitor your progress.

Set your goals, they could be 'to lose 1st by the end of the programme' 'to be able to run 1 mile non stop by the end of Lbs 4 £s' or 'to spend at least 10 minutes per day practicing mindfulness techniques'.

Track your progress in the table and plot it on the graph template. Now you can see a visual of your progress this will motivate you to keep the line heading in the direction that you want!



# Aims, Targets & Wishes

Everything is more achievable when you have a goal in mind. Use this page to detail what you want to get out of these 12 weeks. Be ambitious but realistic, nothing demotivates more than an impossible goal.

You can do this...positive thinking can work wonders!! 

I would like to achieve...



...by the end of the 12 weeks

I have taken part because...

Weightloss Target



Fitness Target



Wellbeing Target



**Look back on your answers on this page throughout the challenge for encouragement & reminders!**



# Barriers & Obstacles

We can be our own worst enemies sometimes when it comes to taking care of ourselves.

A good way to combat any issues that might arise is to recognise them from the start, reflect on yourself and why you haven't achieved your targets previously. Then don't let it beat you this time!

I find it hard to...



I think...

...could stop me completing this challenge

When I want to give up I will tell myself...



Now don't let these points stand in your way this time!!

# Tips & Tricks!

Here are 5 tips to make workplace eating healthier for you:

## Eat breakfast

This should be your mantra. A healthier breakfast will set you up for the day and stop you becoming hungry before lunch. If you're not hungry before leaving home, have breakfast at work.

## Bring your own

Home-cooked food is often lower in calories and fat and cheaper than food bought on the high street. If sandwiches aren't your thing, you could cook extra in the evenings and take the leftovers to work, saving you money.

## Drink water

Drinking water regularly may help keep hunger pangs in check. You should aim to drink about six to eight glasses (1.2 litres) of fluid every day.



## Go for wholegrain

When making sandwiches, go for wholegrain bread, which is more filling than white bread, and will keep you feeling fuller for longer. Wholemeal pitta bread and bagels are alternatives to brown loaf bread.

## Work on your 5 A DAY

A snack is a good opportunity to increase your intake of fruit and vegetables. To count towards your 5 A DAY, each portion of fruit or veg should be 80g.



### Diet-friendly socialising

Here are some ways to spend time with friends to take your mind off food:

- A country walk
- The cinema (take your own low-calorie popcorn!)
- Bowling
- A bike ride and (low-calorie) picnic
- A day at a spa



# Nutritional Advice

BALANCED  
NUTRITION



The first thing to understand about a diet with fat loss as the goal, is that energy balance is what leads to fat\* loss i.e. calories in vs calories out.

That means in order to lose body fat, you must be in a calorie deficit. There are many ways (methods) to achieve this: lower carb, lower fat, paleo, keto, intermittent fasting etc.



However they all result in one thing: a calorie deficit. This leads to your body being forced to burn body fat to meet the energy shortfall.

Whichever method is chosen, the principle remains the same, so we need to burn more calories than we consume...



*\*I specify fat here because often when people lose weight via tracking their scale weight, this isn't always body fat loss but can be a mixture of water weight, hormonal fluctuations or food they haven't yet digested*

There are different ways this can be done and a large part of this will come down to what you eat.



You can increase your energy expenditure through an increased amount of exercise or NEAT (non-exercise active thermogenesis: everything you do apart from exercise, sleeping or eating. So walking around or fidgeting would be NEAT).

Or you could decrease the number of calories you eat- your energy intake- by: eating less calorie dense foods, eating smaller portions, eating highly satiating foods that keep you feeling fuller for longer.

Whichever you choose, you will successfully put yourself in a calorie deficit and being to lose body fat.



# Nutritional Advice

BALANCED  
NUTRITION

My top tips for you during your weight loss are:



Protein is the king macro: keeps you fuller for longer, helps in building and repairing muscles as well as other functions in the body. Aim to have about 160g per day from a variety of sources; chicken, fish, yoghurt, pulses etc. A good rule of thumb is a fist sized piece at each meal. Aim for lean sources like chicken breast, low(er) fat yoghurt- means you can eat more for less calories



Get plenty of veg in: try your best to get a good amount of veg each day, buy plenty whenever you shop and you'll be able to have some each meal. It's great for getting your fibre intake high and keeping you fuller for longer. A palm size area of your plate at each meal is ideal



Trigger foods: those things that if they are in the cupboard, we just have to eat them! Mine is ice cream. Try to avoid buying them in the first place so that they are not within easy reach. Have lower calorie snacks available instead, or drink water, you might just be thirsty



Giving in to temptation: if you do end up reaching for the chocolates/ biscuits, don't panic! Your diet/day isn't ruined; hop back on the wagon the following day and balance things out. Also, have a treat every now and again; maybe tell yourself when you can have a treat and plan to not have one again for a few days

Be a prep king or queen: can you plan and make meals in advance? Right down to your snacks? Do this as much as you can to avoid reaching for the cake at work- eat what you've brought and planned for the day- to avoid calorie dense foods. Also reduces food waste and helps you stay on track to achieve your goal



Step up: are you able to go for walk at lunchtimes? Could you make your dog walk a little longer? Would your kids benefit from walking with you? Even going for about 15-20 mins each day will make a difference. Try and reduce car use and walk more where possible; it'll save you money and burn calories!



# Useful Links

East Cheshire Hospice Website:  
[eastcheshirehospice.org.uk](http://eastcheshirehospice.org.uk)



5S Fitness Website:  
[5sfitness.co.uk/](http://5sfitness.co.uk/)

Everybody Fitness Website:  
[everybody.org.uk/locations/macclesfield/](http://everybody.org.uk/locations/macclesfield/)

CGF Fitness Website:  
[www.carlagilderfitness.com/](http://www.carlagilderfitness.com/)



Graze Website:  
[www.graze.com/uk](http://www.graze.com/uk)

Balanced Nutrition Page:  
[www.facebook.com/balancednutritionuk/](http://www.facebook.com/balancednutritionuk/)

Lbs 4 £s Private Facebook Group:  
<https://www.facebook.com/groups/lbs4pounds>

Recipe Ideas from The Game Changers:  
[gamechangersmovie.com/food/recipes/](http://gamechangersmovie.com/food/recipes/)



'Couch to 5K' podcast?  
<https://www.nhs.uk/live-well/exercise/>

Well-being advice & emotional eating support from Moodzone at NHS  
[nhs.uk/moodzone](http://nhs.uk/moodzone)



# Recipe #1



# Chicken Fajita Tray Bake

*Makes 5 portions*

## Ingredients:

400g mixed peppers

450g onions

2 tbsp olive oil

2 tbsp cajun spice mix

350g cherry tomatoes

750g chicken breast

## Method:

- pre-heat oven to 180 degrees celsius
- slice onions, peppers and cut the chicken into 1.5cm wide strips
- lay everything on a foil-lined baking tray with the tomatoes and
- drizzle with the oil and sprinkle the cajun space on top
- mix all the ingredients gently to ensure even coating
- bake in the oven for 20 mins or until chicken is cooked through
- Nutrition profile per portion: 270 kcal, 12.g carbohydrates, 36.8g protein, 8.2g fat

# Recipe #2



# Banana Muffins

**Makes 8 portions**

## Ingredients:

- 1 medium, ripe banana
- 2 eggs
- 100g rolled oats
- 100g Greek style yoghurt
- 1 tsp honey
- 1 tbsp vanilla extract
- 3 tbsp coconut flour
- 40g 70% dark chocolate chips

## Method:

- Preheat oven to 180 celsius
- Put all ingredients into a food processor or blender and blend until smooth
- Pour mixture into silicone or non-stick muffin tin and bake for 25 mins or until cooked through
- Nutrition profile per portion: 176 kcal, 22.8g carbohydrates, 6.2g protein, 6.5g fat

**See more recipes in the Balanced Nutrition downloadable document**



Keep in touch!

Email [events@echospice.org.uk](mailto:events@echospice.org.uk)



@eastcheshirehospice



@ECHospice

#TeamECH

#Lbs4Pounds



East Cheshire  
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Where people come to live