

# FOOD & MOOD

## COACHING

### MAINTAINING SUCCESS AND PROGRESS

If we have been successful with our intentions for you, you will know by now that you have all the tools at your disposal and all the power within you to continue to see the results you desire beyond the Food & Mood journey.

### LIVING LIFE AND STAYING IN SUCCESS

We realise that sometimes when we are focused on an exercise and nutrition plan, we can be a little anxious about stepping out of the 'bubble' for fear of undoing the progress we have made. That is completely understandable and totally natural. Here are a few of our top tips if you are feeling this way.

#### 1. If in doubt, go back to the basics

Your Food & Mood Nutrition Task Lists and recipe plans have given you a foundation of holistically healthy eating based around an intake of natural nutrient dense foods.



These layers create the foundations of the Food and Mood philosophy, founded in the principles of the Mediterranean way of eating. Many of you will find that continuing to follow these principles including the continuation of an 'anything goes meal' once per week will help keep you on track, progressing and succeeding.

#### 2. Plan for social events

Revisit the additional resource from week 5: 'Eating out, Socialising and Alcohol'.

#### 3. Share your journey and goals with friends

Telling friends and family about your goals and that you are committed to your success invites their support. Chances are they would love to help you and work with you to stay committed.



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### 4. Make the most of your 'Anything goes' meal.

'Anything goes' meals are great for your continued success. They stimulate metabolism and give you a change in routine that is good for the soul. They also allow you to have a meal out or spend time with friends enjoying a little indulgence – no harm done!

### 5. Know that plateau is progress

Perhaps there were times throughout your journey where you faced some challenges, distractions and even sensed that your trajectory towards your Food & Mood goal was slowing down or plateauing. All of which are completely normal in the big picture of a healthy, sustainable approach to seeing results.

When we plateau on a healthy weight loss journey, it generally indicates that the whole body is readjusting and getting used to relatively new metabolic changes. Plateau is an expected and positive part of adaptation.

Sometimes the body will respond again in its own time, while continuing with the plan. But often all that is needed is a little metabolic 'shake up' to create a new training or metabolic 'stress' to kickstart further changes. This is where a 1:1 Nutrition Coach and/or Personal Trainer can help you to tweak your program to stimulate further adaptation and change if desired.

### 6. 1:1 Nutrition Coaching

Some of you may wish to personalise your nutrition and coaching approach to suit your specific goals moving forward. That is where a Fernwood 1:1 Nutrition Coach can help.

A Nutrition Coach can work with you on your unique experiences around food and make necessary tweaks to take your results and success to the next level, should you desire.

#### A 1:1 Nutrition Coach can:

- + Offer personalised guidance & support
- + Focus on the right foods for your goals
- + Help you overcome and work with plateau
- + Increase your accountability
- + Fast track your results

Contact your club to find out more.

