



week

Four

Sabotage, Successful Lapsing and Relapsing

Aims

- To find strategies to overcome cravings
- To identify what hunger is
- To identify your obstacles

Is It Hunger?

- Sometimes you aren't actually hungry... sometimes its your emotions
- It can be difficult to distinguish between physical and emotional hunger
- Emotional hunger could occur, perhaps, when one (negative) event creates a 'domino' effect where you eventually end up overeating or unconsciously eating.
- Emotional hunger may also include craving a particular food and only that food
- Physical hunger occurs when you physically feel hungry or need energy

Wait 15 Minutes

- When you feel hungry, stop and wait 15 minutes
- Get a drink
- After 15 mins, check back in with yourself
- If it's a craving, the craving will have passed
- If you're hungry, pick out a planned snack. You need to eat!

Can you identify the culprits?

Can you identify what caused your unconscious eating? Reflect back on your day and write down any links you make.

Cravings

- Cravings are absolutely normal - everyone gets them!
- Try the 'Wait 15' method when you get a craving - you need to identify if it's a craving or physical hunger.
- Don't tell yourself off when you get a craving. Identify the craving and say to yourself 'I notice I'm craving [Insert food]'
- Say to yourself 'If I want to, I can eat [Insert food] all day. But today, I'm choosing not to'.
- When you want to stop eating, squeeze your fist and in your mind say 'My stomach is the size of my fist. I'm satisfied. I'm filled. I'm nourished'. Tell your body you're full!
- Say to yourself 'I can eat [Insert food] all day if I want to in the future, but today I'm choosing not to'.
- Change how you picture foods – perhaps make a food less appealing
- If you manage to cut things down by half, that's still progress towards cutting out those 500kcal!
- We don't want you to cut foods out – that's a diet. We want the times you eat foods you enjoy to be guilt free! Guilt can cause a cycle of overeating.
- You will make mistakes and that's okay!
- Create positive associations with 'healthy' foods so you start to enjoy them.

Cravings

- Do you or your family create 'eating opportunities' – 'Do you think the kids would like an ice-cream?',
- Be assertive and have phrases ready to decline foods you don't want – 'I've gone off these' or 'Actually, I don't like the taste of these anymore'. This changes your thinking overtime.
- Remember - people aren't always focusing on you. If you don't eat or drink something, chances are they won't notice!





What's Really
Holding Your
Exercise
Back?

What's Really Holding Your Exercise Back?

You already know that exercise and improving your level of fitness are good things. But for knowing in your head that fitness is good and becoming more active are two very different things. So, what's holding you back?

Lack of Time

- Monitor your daily activities for one week. Identify at least five 30-minute time slots you could instead use for physical activity – you'll be surprised how much time you 'waste'.
- Select activities, such as walking, running, or stair climbing that you can do based on the time that you have available (e.g., 5 minutes, 10 minutes, 20 minutes).
- If you take the attitude of "what could I do right now to improve my fitness?" then you'll start seeing opportunities everywhere - whether it's going for a walk in your lunch hour, walking the dog, taking the stairs, parking farther away from your destination, or spending your family time doing something active instead of in front of the TV



Fear of Failure

- You might have set yourself fitness goals in the past and haven't met them so are worried that you'll fall short. Remember that realistic goals and targets are useful motivation tools, but they aren't an absolute measure of success and failure. Anything is better than nothing!
- Be more forgiving with yourself and celebrate every success, however small.

Fear of Change

- You might think that getting fitter is a good idea, but find yourself dreading the effort involved, or feel too comfy with your lifestyle as it is to really want to make the tough changes. Start small. Minor changes will make a significant difference while paving the way for bigger improvements when you're ready.

Lack of Energy

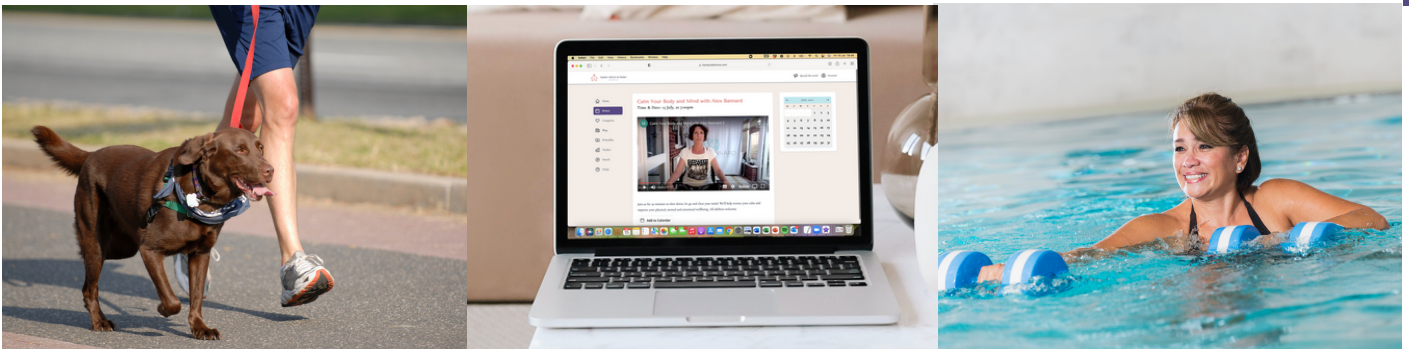
- Although it may seem counterproductive and difficult to exercise when feeling fatigued, it can help in the long run. Exercise has been shown to boost energy levels in menopausal women
- Consider low-intensity workouts like biking, walking, yoga, and swimming.
- Have a look at the Harley Street at Home schedule and plan activities for times in the day or week when you feel more energetic.

Lack of Motivation

- Plan ahead. Make physical activity a regular part of your day and write it on your calendar.
- Invite a friend to exercise with you on a regular basis or buddy up with someone on the Facebook group, agree which classes you'll both try and share your efforts with others.

Fear of Injury

- Learn how to warm up and cool down properly to prevent injury – your Harley Street at Home instructors will go through this with you
- Think about how to exercise appropriately considering your age, fitness level, skill level, and health status.
- Choose activities you feel you can do safely and gradually increase the amount you do gradually as your confidence and abilities grow.



Lack of Skill or Experience

- Select activities that don't require new skills, such as walking or jogging, for you to take part in them
- Take a class to develop new skills – all our instructors are happy to modify exercises to work with you at a level that meets where you are now
- Admit you need some extra help with some of the moves – everyone must start somewhere and HSAH is a no-shame community

High Costs

- Choose activities that require minimal facilities or equipment – there's loads out there!
- Remember that you can access EVERY SINGLE CLASS on www.harleystathome.com for just £19 a month – or £15 a month if you pay annually

Weather Conditions

- Develop a set of regular activities that are always available regardless of the weather. Harley Street at Home is perfect for this. In many cases, you can exercise without leaving your front room.

Lack of Equipment

- Harley Street at Home classes use limited equipment that you can pick up in the middle aisle at Aldi or from Amazon, often for just a few pounds.
- You can always ask the instructors how to substitute household objects – such as filled water bottles for hand weights until you get into the swing of things.

Boobs!

- One in five women say that their boobs stop them from exercising – and I wouldn't be surprised if this number was higher in and around menopause when many women experience breast pain and/or growth. I can't urge you enough to get yourself properly fitted for a sports bra. It will make a world of difference. With M&S and Decathlon both making great sports bras – and as F cup myself I do know – you don't need to pay a fortune either.

Family Commitments

- Women are squeezed in all directions in and around menopause, working full time while caring for children and ageing parents. However, I am a staunch believer that you can't pour from an empty cup. One of the great advantages of Harley Street at Home membership is that all classes are available on catch up so you can take part at a time that suits you. We also offer a range of classes so that you can cover all your exercise requirements.
- Ask your family to exercise with you!



Share The Following on The Facebook Group

- What's been holding you back from exercising.
- How you have taken/are taking steps to combat this.
- What's worked for you – any tips?