



13 October

**The eatfit quote of the month:**

**For every hour of T.V viewing on average of 167 extra calories are eaten. That is the same as walking around both North and South Hagley Park.**

In September eatfit clients became **111.5kg** closer to their healthy weights.

**Be someone you like!**



**The distance is nothing; it's only the first step that is difficult.  
Marquise du Deffand**

Feeling great starts with attitude and self awareness. Often it is external influences that lead us to eating foods we didn't really want to have and can end up in a cyclic motion of guilt. In the words of Lance Armstrong : "Turn every mistake into an opportunity and every negative into a positive". Mistakes can be learning experiences, we can use them to improve. By modifying an action from the past we can prepare a change for the future. Reflect on something you have achieved in the past few years, how did you get there? What motivated you to complete the challenge? What invaluable lessons did you learn along the way from your mistakes?

Think of something you have always wanted to change. Often we have the knowledge so we make a start but soon stop when we make an error. When our home environment is not supportive and there are mixed messages it becomes more difficult to continue in the face of temptation. Set yourself up for success with these eatfit 4 tips:

1. Change your habits when you are ready. Pick a date and stick to it.
2. Nutrition and exercise tips are great but only if you want to act on them.
3. Deal with stress, prioritize yourself first before making any changes.
4. Set goals and reward yourself for small changes.

## Nicci, "I have the old me back and my family is so happy"



"3 years ago I had a terrible life experience. What followed was a spiral of comfort eating, anxiety and insomnia, then the kilos went on: 15 or more. I spun into deep depression.

I started to return back to the gym but still felt lost and one day I read a leaflet about eatfit. eatfit was awesome! We put some guidelines in place and wow - slowly but steadily I have managed to drop 12 kg. I feel so much better. Instead on food controlling me I am now in control and if I go off track I don't beat myself up I just get back on that path to happiness.

Everyone needs support in life but these people don't realise how much they do for people like me. My eatfit nutritionist has listened to my bad days but then always followed it with a positive reinforcement. I made small changes bit by bit. Some days were really hard then I would get a supportive text and then again I would get back into it.

I feel such a changed person. I don't take medication anymore. I have a support person who does care and has helped me through a very rough part of my life. I have been educated by eatfit to read labels, making different choices and changing exercise. Just when I think what else could she suggest, she finds something.

To anyone who has weight to lose you must join eatfit. It's a lifestyle, a journey, a friendship. I have achieved and I have the old me back and my family is so happy!"