



**WHY**  
**NEW YEAR**  
**NEW ME IS**  
**TOTAL RUBBISH!**

**SURVIVAL GUIDE TO NEW YEARS &  
NEW YEAR RESOLUTIONS!!!**

**ZLR**

ZLR FITNESS  
DISCOVER YOUR INNER WARRIOR

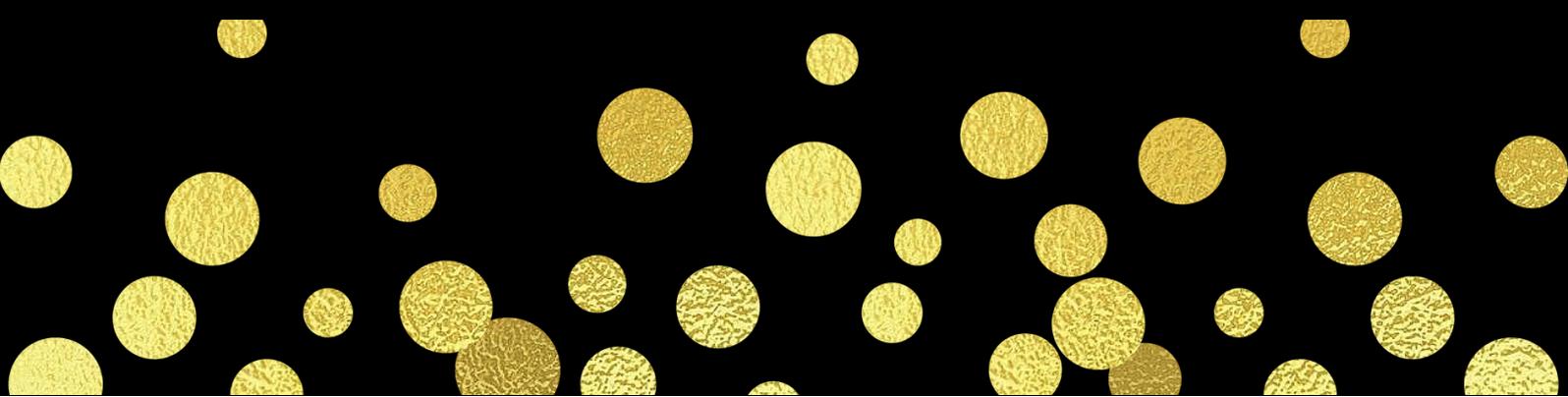


**FIRSTLY, HAPPY NEW YEAR!!!**

**I HOPE YOU ALL ENJOY THE  
CELEBRATING AND ENJOY  
YOURSELVES!**

**YOU HAVE ALL WORKED  
SUPERHARD AND SHOULD BE SUPER  
PROUD OF THE AMAZING PROGRESS  
YOU HAVE ALL MADE!**

**HERE IS TO MORE HEALTH &  
HAPPINESS IN 2023!!**





## **MY TOP TIPS FOR NEW YEARS EVE:**

- **Don't go overboard and get wasted!**
- **Try to have everything in moderation so instead of binge drinking cut your drinks down !**
- **Don't deprive or overindulge just keep your eating pattern normal and know it's ok to have a little bit extra!**
- **Be mindful and aware alcohol causes extra munching so have snacks that are healthy near you!**
- **Don't feel guilty for new year celebrations, it is a festivity! Get back into normal routine and keep your training in during this time!**

## **You might be wondering why don't I like New Year resolutions?**

The thing is I find it is a lot of pressure and again a societal marketing push to make money off people who feel vulnerable after xmas indulging. Plus new year resolution's never stick because they are a short -term fix with added pressure that can get the better of people which means you don't stick at them for long!

### **"New Year, New Me"**

I hate this saying! There is nothing wrong to create changes and move forward with your life, but be careful with new year new me because this can cause a negative perception of how you feel about yourself as a person/your body.

### **Quick Fixes**

You will find as January begins to approach we are bombarded with ads on social media, marketing via tv adverts all promoting quick fixes. Don't let it get the better of you and be aware that what your doing has long-term benefit & gain!! Don't turn to these drastic measures because they only make things worse!

# How to embrace your New Year:

- **Think & Review your last year whether that's from a journal or making a list and reading through your struggles and what you have overcome this year!**
- **Reflect on your year, think about what went really well and what you would like to make better or focus on for the year ahead!**
- **Buy a journal for the year ahead, this is a great way for you to start fresh and focus on your goals, self-development and growth as a person!**
- **Set some realistic goals, instead of saying you want to lose 10kg, focus on losing 1kg first. Same as instead of your weights going up by 10kg focus on working up to 5kg first!**
- **Long-term visions and goals are great to have but try to focus on the steps you are going to take to get there first! Think short-term targets to reach the long-term targets to motivate yourself! Otherwise, it will always feel too big or too much of a mountain to climb. This will demotivate you!**

# How To Set Goals & Achieve Them:

- **Setting goals should not be a massive and huge list!**
- **Set a goal that is super deep and meaningful to you, really think about what will be the emotional and physical impact of reaching those goals. This will help you stick at it!**

**(It doesnt have to always just be about weight loss, it can be confidence, wearing clothes that make you feel good etc!)**

- **Break your goals down and focus on 1 or 2 goals first! If you have too many you will just be overwhelmed and not achieve them because it is too unrealistic/unattainable.**
- **Once you have those 1 or 2 goals written down underneath those goals you are going to list the steps you are going to take to get there!**
- **Have one long-term goal below this that you are striving for and workng towards over time! The short-term goals should have relevance to the long-term goal.**

# Here is an example of goal setting:

**Goal 1-** To start the process of my weight loss journey and lose a few pounds.

**Goal 2-** To gradually lose some body-fat in the process, seeing some progress in my pictures and get to a target of just under half a stone.

## Steps I will take:

1. Attend my gym and coaching sessions
2. Encourage myself to be active and keep myself moving to get healthier
3. To create a more balance approached to my current eating habits which are going to be small & gradual
4. Make reason that it is going to take time for me to lose the weight, but I will put the effort in order to get there
5. Try my best at all times even when I get knocked down, I will get back up & keep trying!

All these goals and steps will lead me to my long-term goal that I am striving for below!

**Long-term goal:** To achieve at least 1 stone of weight loss in 6 months to a year.

# **Slow & Steady wins the race!**

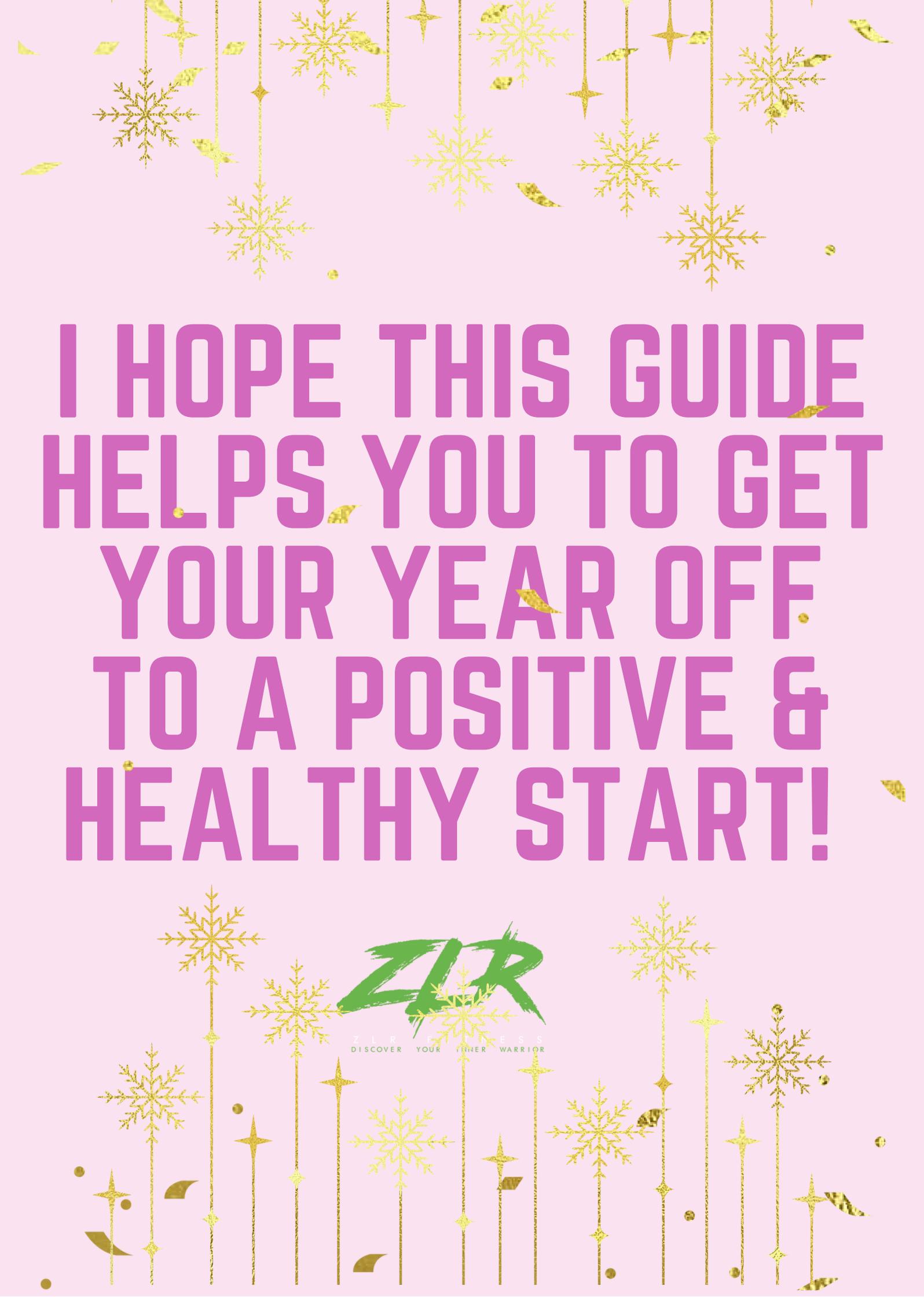
**Don't buy into new year's resolutions just because it is New Year.**

**Even if people around you are setting resolutions it doesn't mean you have too!  
Try setting some small goals instead!**

**Avoid quick fixes, remove any feelings of guilt after christmas and focus on reflection to have a more positive outlook on the year just gone!**

**Remember the lifestyle you are building is going to take longer but this will help you to sustain it in the long-term.**

**On this reason alone don't put yourself down or think about how far you have to go! Instead think about what steps you need to take to get to your goals!**



I HOPE THIS GUIDE  
HELPS YOU TO GET  
YOUR YEAR OFF  
TO A POSITIVE &  
HEALTHY START!

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