

Motivation

Motivation. That's a tough one isn't it? You start the new year with good intentions and it's easy because it's new and it's exciting and everyone else is doing it, but what happens to your motivation when February begins and it becomes a bit more mundane and the reality of everything kicks in and you start to feel the pressures of everyday life creeping back in and the first thing you want to quit is your healthy eating and exercising because you can't quit work or being a parent, spouse or any of the other daily commitments you have. Well on Friday 29th January I had an interview with Jack Miles at BBC Radio Gloucestershire to talk about motivation. How to keep it, and what is the not so secret way to keep motivated!

Take a listen and then I will explain further! It was my first ever radio interview and with any interview you always come out kicking yourself wishing you said this, that and the other! Click on the link below and head to 1:14:30 to listen.



My Interview with Jack Miles about Motivation

So first of all, forgive me for my nerves in the interview! But I really want to stress that when life gets tough, it's even more important to keep up the healthy eating and exercising. The reason being is that although you are thinking "I don't have time for this", or "oh gosh, I need to do a meal plan, then the food shop, then cook for the family, then put the kids to bed, then tidy up", what most people then fall to is either sit in front of the tv with a glass of wine and watch tv or they don't do the good meal plan because that takes too much time! And exercise is waaaaaay down the bottom of the list and is the first thing to drop off. That is your first mistake! I promise you, that although it feels tough to being with it will really enrich your life (it sounds corny but it's really true!) My mind is in constant turmoil

of to do lists and when I exercise I am soooooo focused on the task at hand that I actually can't think about that dreaded list and it gives me some respite. Then because you've worked out and sweated out all of the toxins, you can have a nice warm shower and put your pj's on and then settle down for the evening. Your body will be just as exhausted as your mind and you will get the best nights sleep. I think I read somewhere that it takes 14 times to make something a habit. So once you've done this 14 times it won't feel like such a shock any more and will simply become a part of your routine! That's part 1 to keeping your motivation.

Here are my other top tips for keeping up the motivation:

1. Tell people what you are doing. These will be the people who support you when you're struggling or are lacking in the motivation.
2. Don't kick yourself if you slip up – you're human, it's normal and well basically shit happens so deal with it!
3. When you do slip up, don't let it spiral; if you eat chocolate, don't think "oh well, I've ruined my day I may as well eat rubbish for the rest of the day, oh well I've ruined the day so really I've ruined my whole weekend..." you see where I'm going with this. Start again, make the next meal healthy, still do your exercise for that day, you will feel so great for doing it.
4. The same applies for planned slip ups; weddings, birthday's, holidays etc. have fun and enjoy yourself but don't let it creep into the next day / week / month.
5. Record everything – my way of doing this was through my blog – take photographs, measurements, weigh yourself and keep doing it each week. You will start to see the results and this is when (and the ONLY time) you should ever look back, you will see how far you've come, no matter the distance you still have to go seeing what you have already achieved should be your motivation.
6. Talk to people, join online groups, forums, or the gym and use other people as motivation, they will tell you how amazing you are and you can do the same for them and you can encourage each other to succeed.
7. Don't compare yourself to anyone else – this is a tough one! Even I am guilty of having to catch myself from doing this! I work out with my boyfriend and I've started trying to lift heavier weights and sometimes lifting weights with him feels like I'm going clubbing with my hotter friend! I'm all spruced up and ready to go and feeling good and then I can't lift any more than I was lifting last week and he's lifting twice that and doing bicep curls with the weight I'm trying to chest press because it's started to crush me and flatten my boobs! He's been doing it 15 years, I've been doing it 5 weeks, of course he's going to lift more than me and increase his weights more than me. But it's hard to not get frustrated.
8. Use your frustrations to push you through. It's hard, acknowledge that it's hard and then crack on! Everyone struggles – ask your group of friends at the gym or online – they will all have a story where they wanted to jack it all in. Reach out and ask for help, nobody will judge you for it, they will

admire you for having the courage to ask.

It's normal to struggle to find the motivation some days, and that's the day that counts the most. So stick with it and you will be so proud of yourself and you will end up being somebody else's motivation!

Good luck!

Love Roo xx

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- » [Avocado Pancake](#)
- » [Superdry Multi Folk Stitch Mini Skirt](#)
- » [Christmas Gift Ideas for a Food Lover](#)

healthy breakfast alternative of egg and pepper



healthy breakfast egg and pepper

Quite frequently people will say that their downfall when trying to eat healthy is having breakfast alternatives that will replace toast; enter the healthy breakfast alternative of egg and pepper combo that will blow your mind!

This one is super easy, adds some colour and excitement to your plate and looks a little bit like a flower to entice your little ones into joining in!

All you need to do is take a pepper, deseed it and then slice it in rings. Heat a pan on the hob and then put your pepper into the pan, crack your egg

into the pepper and then flip as normal.

Adding pepper to your healthy breakfast is a great way to start the day because they're low in calories, and full of good nutrients such as vitamin A, and your egg will give you lots of protein and good fat ☐ So start adding egg and pepper to your plate for a healthy breakfast choice!

Love Roo xx

Recommended for you

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- » [Chimichurri](#)
- » [Healthy Snacks](#)
- » [11th Day Of Fitmas](#)
- » [Are Eating Habits Contagious?](#)

My Vitamins Total Acai Berry



I am the first to admit that I don't really like fruit and berries but it's mainly because of their texture, I fully appreciate the benefits that these foods can bring to your health so I have to take supplements to receive the nutrients that I otherwise wouldn't get from other foods; [My Vitamins Total Acai Berry](#) supplements are helping me to do

just that! As a teenager I didn't really suffer from acne but as my hormones changed in my early twenties and again as I turned 30 I have suffered with adult acne ☐ My diet is healthier than it has ever been but there are still a few things missing from it such as fruits and berries, so the [My Vitamins Total Acai Berry](#) supplements are providing me with some key antioxidants that help to improve skin health and also improves the immune system. Read on to hear all about the benefits of [My Vitamins Total Acai Berry](#) supplements and how they can help with weight loss and improve the skin

The first thing to note about the Acai Berry is that it is naturally high in fibre – 45% – so is great for digestion and therefore aids weight loss.

It has potent antioxidant properties which actually means that it will help to fight the signs of ageing. It's also high in Vitamin C so this also helps to prevent damage to the skin which can age it prematurely.

The Acai Berry is also an anti inflammatory, so this means it will help fight against skin complaints such as acne or psoriasis and will help to lessen stretch marks..

Another key benefit of the Acai Berry is that it has plenty of Vitamin A which creates Dentin – you guessed it that's about your teeth – this will help strengthen your tooth enamel therefore helping to give you a brighter smile and some healthy teeth!

The serotonin as with the My Vitamins Complete Sleep supplements I have also been taking will really help you to sleep better (this is when your skin takes time to heal and repair itself) and will also assist with cognitive functions!

And finally every 100g of Acai Berry contains 9g of plant protein! This is really going to help build and maintain lean muscle mass and also helps to cushion and protect your joints, so is really great for those exercisers who need that extra help on the wear and tear exercising may be having on their bodies! I know I feel it sometimes!

With these you only need to take 1 a day so I've been taking these in the morning before I have my breakfast. As a combination with the My Vitamins Complete Sleep and My Vitamins Carb Blockers I have noticed a difference in my skin. It definitely feels a bit plumper, and my complexion appears to be improving, my sleep quality has improved drastically. I am hoping this will clear up my acne and as a big bonus I am keeping my fingers crossed that those pesky stretch marks may fade a bit! I will definitely keep you posted on that one as I know it affects most of us!

Love Roo xx

You might also like

- » [Arm Tabata Workout](#)
- » [Black Beans Burger](#)
- » [Muscle Strength Imbalance](#)

- » [How To Make A Smoothie](#)
- » [Pyramid Workout #1](#)

My Vitamins Carb Blocker



A life without carbs is not a life worth living and they are essential to a well balanced diet and are a source of energy for exercisers, but they also have their flaws in that you can risk storing carbs as fat rather than using it as energy and that's where these handy [My Vitamin Carb Blockers](#) come in to play!

I've started using the [My Vitamins Total Carb Blockers](#) as part of my regime.

Quite simply the benefits of the Carb Blockers is that they are made up of white kidney bean extract. White kidney extract quite simply prevents the breakdown of carbs into glucose i.e. it turns less into fat. So this will help aid anyone looking to lose weight where a high carb diet is consumed. And it also helps to maintain lean muscle mass. Read more to see how to use them and the benefits they can have.....

At the moment I am aiming to eat more carbs on the days that I am training and restricting carbs on my day off purely because I won't be needing as much energy on those rest days. On the days where I do have a high starch / carb meal I take 2 carb blockers about 20 minutes before I eat. What's also key here is to remember that just because you are taking the carb blockers it doesn't mean you can increase your portion size!! You should keep your portion size the same to see results!

I've only been using these for a couple of days but I can honestly say that I've noticed a difference in that I don't feel as bloated after eating high carb / starch meals. And by taking these along with the [My Vitamins Complete](#)

[Sleep](#) and [Total Acai Berry](#) supplements my energy levels are pretty spot on, my appetite has been suppressed and I have fewer urges to snack.

My current measurements are:

- Waist – 25 inches
- Hips – 35.5 inches
- Thigh – 19.5 inches

Watch this space to see how the [My Vitamins Carb Blocker](#) helps with my weight and fitness goals. And why not try it yourself!

Love Roo xx

Must reads

- » [Pancake Recipe](#)
- » [Salsa Recipe](#)
- » [My Vitamins Total Acai Berry](#)
- » [healthy breakfast alternative of egg and pepper](#)
- » [Coconut Matcha Truffles](#)

My Vitamins Complete Sleep



Getting enough sleep is absolutely paramount when it comes to making exercise and weight loss a success and as someone who struggles with getting the right amount of beauty sleep I decided to try out [My Vitamins Complete Sleep](#).

Sleep is really important as it enables your body to rest and repair itself. Without getting the right amount of sleep you may find that your weight loss plateaus and you quite simply don't have the energy to exercise. [My Vitamins Complete Sleep](#) will help provide the nutrients that you may not get from your diet to help you to get a good nights rest and be ready to face the day ahead of you! As daft as it sounds after only taking them for a couple of days I have really noticed a big difference and I am looking forward to seeing what other benefits it brings my way! Read on to find out more.....

My Vitamins Complete Sleep is designed to provide the body with the following nutrients; B6, Zinc, Biotin & 5-HTP. All of these will help your body to wind down, rest and repair itself overnight so you are always starting the day with a clean slate to give your body the best chance it has to succeed at whatever you throw it's way! Whether you are doing a heavy training schedule get in shape or whether you are simply trying to eat better and lose a few inches, the **Complete Sleep** supplements will help you along the way in providing those vitamins that your body isn't producing or your not getting from your diet. So let's take a deeper look into what each one provides:

B6 – This helps to break down chemicals in your body to utilise protein. If you exercise natural B6 levels will be depleted as a result because it is used for energy production. So by boosting this you are rebuilding the levels used.

Zinc – These helps with healthy bone development and helps your cells to grow, divide and function more efficiently. It also helps to promote a healthy immune system. Zinc is very hard to find in food sources.

Biotin – This helps to prevent symptoms such as insomnia for example because it regulates and controls energy production in cells and how food consumed is turned into energy.

5-HTP – This is a natural amino acid which increases the levels of serotonin and will help to improve your quality of sleep. It increases REM and reduces the time taken to fall asleep, you will find that you wake up less and have a generally much deeper sleep. People with low serotonin levels may notice symptoms such as migraines, tension, depression, insomnia and overeating.

So all of the nutrients combined will help to improve the quality of sleep and should therefore improve the quantity of sleep needed. You will get the sleep you need, and also build up and regulate the energy used to ensure that your bodies levels are more stable and sustainable. The benefit of this is that you will be more likely to feel less exhausted and be ready to smash that workout and because your energy levels are stable you won't be craving those sugary pick me up and crash snacks.

You take 1 – 4 of these tablets before bedtime for up to 4 weeks at a time and then you can take a 2 week break and start again. So far I have been

taking 2 tablets 30 minutes before bedtime and I have to say I am out like a light! And whilst I have woken up a couple of times it's not to the extent I would normally stir in my sleep and where my quality of sleep has improved I am finding that I am actually waking up earlier than normal and have been ready to get up. There has been none of that grogginess that comes with being shocked by your alarm bursting in to life! I feel really good, and again I am finding that I am snacking less between meals but I don't feel my energy levels slumping after lunchtime.

I am yet to see if it will affect my measurements. But here they are just in case and I will be revisiting these in a couple of weeks time to see if it is having an affect. But to be honest, my goal is more about not gaining fat rather than losing weight, and to build more lean muscle mass.

- Waist – 25 inches
- Hips – 35.5 inches
- Thigh – 19.5 inches

Watch this space to find out how it goes! Or click on this [link](#) to conduct your own trial ☐

Love Roo xx

Recommended for you

- » [My Vitamins Complete Sleep](#)
- » [Total Body Circuit](#)
- » [My Vitamins Carb Blocker](#)
- » [Chickpea Snacks](#)
- » [How to Keep Active At Work](#)

Are Eating Habits Contagious?



The short answer is yes! The question is are you the one who is influencing others or are you being led astray by others? Well that can vary depending on whose company you are in.....

The last week at work has been a little bit naughty for me. We had some charity bake sales, birthdays, leaving dos and one of our suppliers brought us some chocolates. Now normally I am really good and I will have a little bit but am really good at not needing or wanting to gorge on sweets. However, last week was different and I wanted a piece of everything going and then some! Now I know that part of this was me being a little bit hormonal, but the other part of it was that I was being influenced by my co-workers. And not in the way you might think, at no point did anyone say to me “oh go on, just have one more”, I needed no encouragement! What I was being influenced by was their actions not their words.

Scientific studies have shown that you tend to subconsciously replicate the eating behaviour of those that you associate strongly with or someone you have a lot of respect for. The studies showed that in those situations people felt they were conforming to “normal” eating habits and felt they were more likely to fit in. However, it also showed that there was very little influence in the words and verbal reasoning used i.e. saying to someone “eating more vegetables is better for you” had very little sway over physically seeing someone or a group of people eating more vegetables. By witnessing behaviour the individual was more likely to copy.



Food habits can also be swayed by those who are seen as undesirable. For example a person you dislike means that you feel disengaged and do not want to be associated with them and therefore you would be less inclined to copy

Food habits can also be swayed by those who are seen as undesirable. For example a person you dislike means that you feel disengaged and do not want to be associated with them and therefore you would be less inclined to copy

their eating habits and might go out of your way to ensure that you do not conform to their habits.

After looking back at my last week I can identify that I was firstly craving sweet things and I was over exposed to it. But I was also being influenced by those around me who I feel are the same as me, I work with a lot of health conscious, fitness obsessed people. And because I was already feeling weak willed and they were being naughty I followed! It's not something that's bad as long as you can recognise it in yourself and also bear in mind that you could be influencing someone else. So when you make the decision to be a little bit naughty and having a cheat meal or snack just take a second to think whether you are following suit, do you really want it or need it, and who might you be influencing to do the same?

Love Roo xx

You might also like

- » [Courgette Quiche](#)
- » [Oatty Yoghurt Breakfast Pots](#)
- » [10th Day of Fitmas](#)
- » [12 Days of Fitmas](#)
- » [Leg Tabata Workout](#)

Oatty Yoghurt Breakfast Pots



I've recently started building nutrition plans for people and one of the most common things I hear from my clients is that they find breakfast is the hardest meal of the day and I definitely agree. The morning's are always a rush no matter what your job and routine is. So the key to eating a healthy breakfast is prep prep and more prep! That is the only way to stop myself from having a breakfast that is bad for me. Quite

often there are recipes that need an oven or a hob to cook on and quite a lot of people eat their breakfast when they get to work and not surprisingly your

work doesn't offer a fully operational kitchen complete with a cooker! I was watching a few colleagues who would pop to a nearby Soho Coffee and would buy a tiny yoghurt pot for a couple of pounds and whilst it looked amazing all I could think was I don't know what's in it and how expensive it was, and that led me to decide that I could make it for less money and I could make it 10 times more delicious!!! So I've bought myself 5 small kilner jars so I can make my own breakfast pots!

Ingredients:

1. Oats
2. Greek Yoghurt
3. Honey
4. Cinnamon
5. Cacao nibs
6. Linwoods flaxseed, pumpkin seed, goji berries

Method:

- Pour a layer of oats in to the base of the kilner jar
- Spoon on a layer of greek yoghurt
- Sprinkle some ground cinnamon on top of the yoghurt
- Drizzle a small amount of honey on top of the cinnamon
- Repeat all of the above.
- Add a pinch of cacao nibs
- And finish with 1/4 tsp of flaxseed mix on top

Love roo xx

Must reads

- » [Make-Up & Travelling Light](#)
- » [Myth Buster – Muscle won't turn into Fat or vice versa](#)
- » [How To Be Your Own Coach](#)
- » [Health & Fitness Apps](#)
- » [Festival Style](#)

[Free Nutrition Plan for 3 People!](#)



To further the offering of my blog I have recently studied a Nutrition in Fitness course so that I can start providing 12 week nutrition plans to those that need that extra helping hand to get them started on their healthy living journey. To start this off I am looking for 3 lovely individuals who want to help me build my portfolio to go alongside my own weight loss success of losing 2.5 stone over the course of 12 months! So I am offering the opportunity for 3 people to receive this nutrition plan free of charge and all I ask in return is that you send me your progress photographs and measurements at the beginning, during and at the end of the 12 weeks and that you are happy for me to use these images and stats on my website, social media sites and within my portfolio. Easy peasy!

As part of the 12 week plan I will provide a list of recipes, meal plans, foods you should be eating or eliminating, important information about nutrition and eating a healthy diet as well as weekly updates (or more frequently if required) to provide support via email, facebook messenger and I would also recommend using the My Fitness Pal app and I will monitor your daily intake and advise on where you are doing well and where you can improve.

If you would be interested in this please email me at roo@rooderennes.com

with the following information.

- Current weight
- Current measurement of thigh, hips, waist, chest and arms
- Goal weight and goal measurements
- What diets / weight loss techniques have you tried previously?
- What did you like about it?
- What didn't you like, or what made you stop?
- Dietary requirements (please note that if you have any serious dietary issues it is best to consult your GP prior to making any major changes to your diet)
- Are you currently training / working out?
- If yes, please supply further details; what training are you doing, how often and how long do you work out for?
- Please send 3 photos of yourself in tight fitting clothing (front view, side view and back view)

The closing date for applications is 28th February 2015. I will contact the successful individuals by 9th March. All other applicants will be offered a 10% discount off the nutrition plan fee once it is fully launched later this year as my way to say thank you for showing interest ☺

I look forward to hearing from you!

Love Roo xx

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- » [Paleo Christmas Dinner](#)
- » [Primark Festival Dress](#)
- » [Core Tabata](#)
- » [How To Make Your Hair Grow](#)

Myth Buster – Muscle won't turn into Fat or vice versa



Roo Boy and I were having a big discussion about this the other day and it triggered me to write this post because it is definitely one of the biggest myths out there and it's a phrase I often use but the meaning isn't literal; "Let's turn that fat into muscle". This scientifically cannot happen.

When this is said you are not chemically and magically changing your fat into muscle, you are replacing it, in that you are burning and losing fat whilst building muscle and tone so that you are replacing what you see when you look at yourself. Let's set the record straight; fat is fat and muscle is muscle. They cannot become one another just as much as I can't turn my finger into a toe!

In the reverse of this if you stop working out your muscle will not convert in to fat. In fact the more muscle you have the more it will help you to burn fat. When "muscle turns into fat" what is actually happening is that you are not working out and therefore not working your muscles so they can start to slowly reduce in size, you might start consuming more calories than you are burning and therefore not burning the fat, and the fat is going to start getting stored around your body. This is just fat being fat by nature and not your muscle turning into fat!

Hopefully that's cleared that one up and Roo Boy and I will be able to sleep at night knowing that I've spread the word and helped people to understand what is fact and what is fiction.

Love Roo xx

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How to Keep Active At Work



Woo hoo! over 53000 steps in one weekend, what can you do?!

I had the idea to write this post about a week ago because I see and hear so many people using the fact that they work in an office or work long hours as an excuse for putting on weight or struggling to lose it. This absolutely DOES NOT have to be the case. And as if to prove my point my work has decided to do a health and fitness awareness week to help all it's staff to realise the importance of staying healthy at work. As part of this awareness week my employers are running a pedometer challenge where 10 teams of 5 people have to walk a total of 2500 miles over the course of a week. Thankfully all of my team members are just as fitness crazy as I am so we decided to put ourselves forward for this challenge and there was a prize for the team that walked the furthest – challenge accepted! My lovely colleagues nominated me as their

team leader and we will be taking part in the pedometer challenge and I felt this tied in nicely with the post I was planning to write!

I really want to emphasise at this point that the the tips I am going to give you are to enable you to be active during your working day, these are by no means a substitute to a workout. The important thing is that by being active during the day, you are less likely to get that afternoon slump and you're helping your joints and limbs by moving them often, this should help to prevent aches and pains caused by letting your joints get cold and stiffen up whilst you're sitting at your computer.

So here's the list of things I have given to my colleagues to increase the number of steps they are taking during the day, and then I will go on to give another list of other activities that you can perform whilst working that can help you improve

1. Try to park further away from the offices in the morning, this will mean you have to walk further to and from your car. Obviously take into account your safety with this one, don't park far away in an unlit area in the dodgiest part of town!
2. Don't phone or email people who work in the same office / building as you, get up and walk to their desk to talk to them – this is good practice in business anyway and isn't just about getting your steps in!
3. Every half hour or so get up and walk around the office – again it is good to get yourself out of your chair and will help to refocus your brain and isn't just about improving on being active.
4. At lunch time you MUST go somewhere. I have been the biggest culprit of this, and would often sit and eat lunch at my desk. Now I found it so much better to get away from my computer and away from my phone for 20 minutes. Walking around in the fresh air with a colleague does wonders for you and you go back to work after lunch feeling refreshed and ready to start again
5. If you have a dog make sure you are walking them before and after work. (You should be doing this anyway for your pooches sake, but it benefits you too). I love the time I get on my own before work to get my head in gear for

the day ahead, and after work I like to go through and clear my head of everything work related so I'm not taking my work home with me.

7. Morning exercise with your team; you may have seen some videos of Japanese businesses doing this and getting their teams to exercise and stretch before starting work. If you have like minded people in your team, just have a quick jog on the spot, or have a walk and talk meeting and you can talk about what projects you're working on etc.

8. When you need the bathroom, if you have more than one set of toilets, use the one's further away. It means you're walking the extra bit further and keeps those legs active and barely takes any extra time!

9. When you feel the need to get your heart rate up; take the stairs but take them twice, run back down and do them again.

Some of these might seem a bit excessive but you get the point and if you want to do these then suggest a similar pedometer challenge to your colleagues and compete against each other and bring some fun to the office!

My other tips for exercising at work are as follows:

1. When you go to the bathroom do 20 squats after you've been, if you do this every time you go to the toilet you can easily get in at least 100 squats a day – and this solves the mystery of why there is always a queue outside the ladies toilets!!!

2. When you get up from your chair or sit down don't use the arms of the chair or the desk to support you. Use your legs!

3. When you're sitting at your desk lift your legs straight and try and hold them up for as long as possible, or pulse your legs.

4. When you're digging around in the fridge at work and looking for something on the bottom shelf do a squat and hold it or pulse whilst you're looking.

Stop finding excuses and stop holding yourself back from being as active as you can possibly be. The only thing standing in your way is you!

Love Roo xx

PS – I also want to point out that my enthusiastic and eager beaver team won this challenge hands down! A bit of healthy competition can really encourage you to achieve your greatest results ☐

Must reads

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- » [Metallic Temporary Tattoos](#)