

Cinch Your Life

August 2024

Welcome to August! It's the perfect time to set your goals for the month ahead. While summer can pose challenges on a wellness journey, it also offers the chance for fun, rewarding experiences, and amazing memories. Remember, life is a journey, and Intermittent Fasting is a lifestyle which, with the right method and support can help to you live a happier, healthier life! And with a few simple tweaks to your daily routine, it can be a healthy one too. Let's make this August our best yet!

Discovering Your Why?

Just for today, take a moment to focus on your WHY.

Why did you join Cinch? Was it to lose weight? To feel better, boost your confidence, improve your health, or extend your life?

Your WHY is the driving force behind your journey. It's the motivation that sparks change, the reason you stay committed, and the foundation of every choice you make towards a healthier, happier you. Uncovering your WHY is like finding your North Star; it guides you, inspires you, and keeps you focused on your ultimate goal.

Why is Discovering Your WHY So Important?

- 1. Motivation:** Your WHY is a wellspring of motivation. It's the deep-rooted desire that propels you forward when the journey gets tough.
- 2. Clarity:** Knowing your WHY provides clarity about your goals and intentions. It's your personal lighthouse, shining light on the path you want to take.
- 3. Resilience:** Your WHY acts as a shield against setbacks. When faced with obstacles, it reminds you why you began this journey in the first place and encourages you to persevere.
- 4. Meaningful Choices:** Every choice you make on your journey, from the foods you eat to the activities you engage in, is infused with the purpose of your WHY.

Take a moment to reflect on your core WHY. How does it make you feel? How can you use this newfound clarity to guide your actions and choices on your path to a healthier, happier you?



Challenger Why's

August 2024



My why back in May 2021 was I didn't like what was looking back at me in the mirror and I felt like a busted sofa. I jumped at the trial period and here I am 3 years later and enjoying meeting everyone and encouraging and motivating everyone I meet to get up and out and do things we have never done before. Its not a diet its a lifestyle change and boy has my life changed. Thanks to @Angela Hunter @Nicola McIlhagger and all my Cinch Friends who I have met over the 3 years and will be friends for life. I did have a Cinch friend say after Edinburgh Half Marathon that they would unfriend me if I mentioned an outing that had marathon in the title and guess what we are doing another half marathon in April in London and we are still talking. 🥰🥰

17:26



9

Jennifer Ard

2 years ago tomorrow I joined The Cinch Fast 30 community.

My why

I had put on weight, through eating too much convenience foods and too many glasses vino(and had stopped exercising)

I had been following Cinchfast on Instagram for a while after my sister shared @Kelly Corbett & Alan story.

What appealed was the community, that it wasn't just about what you did or didn't put into your mouth.

I can honestly say that I don't regret taking that step I lost 19lbs, rediscovered my love of cooking, started running again through cinch running group

Have completed 2 half marathons & signed up for a third. I'm pretty sure I wouldn't have accomplished this had I not joined cinch.

My sleepless nights, restless legs a thing of the past I feel strong and healthy which as @Wendy donaldson mentioned earlier is important as the years March on And I have met the most amazing women over the past 2years who I have enjoyed many fun times with & look forward to more

So thank you @Angela Hunter & @Nicola McIlhagger for creating CinchFast 30 🥰

17:08



11

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17:08



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Janet Fast 30

Wendy donaldson

Been 'scrolling' today and saw these two quotes.. thought they are worth sharing!

'You've got a choice to make - in 6 months you're either goi...

Love this. Last Christmas was a different Christmas for me I didn't sit in the corner with the quality street. I wore my LBD with confidence an pride and was determined I would continue this. All thanks to my Cinch friends 🥰

19:46



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All About Protein

August 2024

This month, we're diving deep into the importance of protein, breaking down its benefits, and sharing tips on how to incorporate it into your daily meals.

What do you know about protein? 🤔

It's more than just a buzzword in the world of fitness and nutrition.

Protein is a crucial building block for our bodies, playing an essential role in everything from muscle repair to hormone production. Like a home's foundation, protein is your body's foundation.

But do you know why it's so vital, the specific functions it serves, and how to ensure you're getting enough during your eating window?

Get ready to level up your nutrition knowledge and fuel your body for success!



Most adults need around 0.75g of protein per kilo of body weight per day (for the average woman, this is 45g, or 55g for men).

That's about two portions of meat, fish, nuts or tofu per day.

As a guide, a protein portion should fit into the palm of your hand.

Athletes & those of us in peri-menopause may need slightly more than this...

Why is Protein so Important?

1. Essential Nutrients: Protein delivers essential amino acids that your body can't produce on its own. These nutrients are vital for hormone production, immune support, and overall bodily functions, making protein a cornerstone of a balanced diet in our Cinch program.

2. Muscle Maintenance and Growth: During fasting, your body shifts focus from digestion to tissue repair. Protein provides the essential amino acids needed to maintain and build muscle, even with less frequent eating.

3. Satiety and Fullness: A key aspect of the Cinch Fast 30 program is choosing foods that keep you satisfied. Protein takes longer to digest than carbs, helping you feel full longer and reducing snacking temptations.

4. Metabolism Boost: Digesting protein requires more energy, giving your metabolism a slight boost and helping burn more calories, even at rest.

All About Protein

August 2024



As we females navigate the fun years of Peri-Menopause, Menopause and Post-Menopause, protein plays a central and crucial role. And as Intermittent Fasters, it is essential that we pay attention to WHAT we are putting into that eating window to ensure we are getting enough protein. If our eating window is particularly short, it is hard to get enough protein into our day, but not impossible. This month, we will be sharing lots of protein rich recipes for you to incorporate into your day.

Menopausal women can benefit significantly from eating more protein for several reasons:

- 1. Preserving Muscle Mass:** During menopause, women often experience a decline in estrogen levels, which can lead to a loss of muscle mass. Consuming adequate protein helps preserve lean muscle tissue, which is crucial for maintaining metabolism and overall strength.
- 2. Supporting Bone Health:** Protein intake is essential for bone health, as it aids in the absorption of calcium and helps maintain bone density. This is particularly important during menopause, when the risk of osteoporosis increases.
- 3. Weight Management:** Protein can aid in weight management by promoting satiety and reducing overall calorie intake. It helps regulate appetite, making it easier to maintain a healthy weight during menopause, a time when hormonal changes can contribute to weight gain, especially around the abdomen.
- 4. Metabolic Health:** A higher protein intake can help support metabolic health by stabilising blood sugar levels and enhancing the body's ability to burn calories, which can be beneficial for managing menopause-related weight changes.
- 5. Reducing Sarcopenia:** Sarcopenia, the age-related loss of muscle mass and strength, can be mitigated by adequate protein intake combined with resistance training. This helps menopausal women maintain mobility, balance, and overall quality of life.



At Cinch, our mantra is EAT REAL FOOD. Food that is grown in the ground, in a field or in the sea - and that's where Protein shines!

We should all be aiming to eat as many one ingredient foods as possible - stay away from the highly processed 'fake food'.

We believe that choosing the right protein sources is key to a healthy and balanced diet. It's not just about how much protein you eat, but the quality matters too.

Here's where to find some of the best sources of protein!



Lean Meat



Seafood



Eggs



Dairy Products



Legumes



Soy Products



Nuts & Seeds



Quinoa



Protein Supplements

Fakeaway of the Week

Naked Chicken Fajitas

Packed full of protein (chicken, beans, cheese, yoghurt) this is delicious, nutritious and easy!



Ingredients:

- 4 Chicken Breasts cut into thin strips
- 3 Garlic cloves, minced or diced
- 1 large red or white onion
- 1 red, yellow and green pepper
- Tin of sweetcorn
- Tin of blackbeans or kidney beans
- Spices:
 - 1 Heaped TBSP Chilli Powder
 - 1 Heaped TBSP Ground Cumin
 - 1 Heaped TBSP of Smoked Paprika
- For the Guacamole
 - 1 ripe avocado mashed, 1 garlic clove minced, sea salt to taste, handful of coriander finely chopped, juice of half a lime
- A few TBSPs Greek Yoghurt
- Grated cheddar cheese
- Salsa: Cherry tomatoes, cucumber, red onion
- Tortilla Chips to garnish (optional)
- Side of choice (optional) we used cauliflower rice but wholewheat Toritilla wraps also a good option

Method:

1. Cook the Chicken:

- In a large pan, add a little oil. Add the chicken strips and cook until browned and cooked through, about 6-8 minutes.

- Add the garlic and onion and cook for another few mins then the spices (chilli powder, ground cumin, and smoked paprika) to the chicken. Stir well to coat evenly and cook for an additional 2-3 minutes.

2. Add the Vegetables:

- Sauté until the vegetables are tender and slightly charred, about 5-7 minutes. Then added the tinned veg.

3. Make the Guacamole:

- In a small bowl, combine the mashed avocado, minced garlic, sea salt, chopped coriander, and lime juice. Mix well

4. Assemble"

- Top with a dollop of Greek yoghurt, grated cheddar cheese, and a few scoops of guacamole.

- Garnish with tortilla chips, if using, and serve with a side of your choice, such as cauliflower rice or whole wheat tortilla wraps.

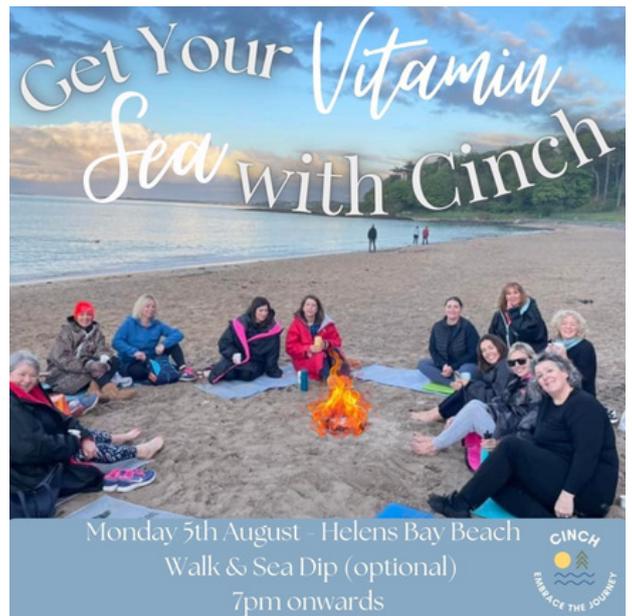
ENJOY!

Events & News

August 2024

Sea-Dip & Walk

Following last week's hugely successful Cinch Social, we're excited to meet again on Monday, August 5th at Helens Bay Beach for a walk (or jog/run if you're up for it), a rejuvenating sea dip, and a cosy chat around the campfire! Everyone is welcome to join in on the fun and relaxation.



Walk & Talk Event

We are also having a family-friendly walk on Saturday 10th August 2024 at 12noon in Castlewellan Forest Park - everyone welcome! Meet at the Car Park.

Cinch Soberish

Are you ready to explore a new path towards a healthier relationship with alcohol?

Introducing Soberish—a NEW 30-day challenge designed to help you reassess and improve your habits in a supportive and positive environment.

By taking the Cinch Soberish Challenge, you'll not only gain clarity and control over your drinking but also experience a host of benefits. If you are an existing Cinch member you get this for FREE or for anyone new its only £49.99 at www.cinchfast30.com

