

Cinch Your Life

Sept 2024



Welcome to September! As we transition into a new season, it's the perfect opportunity to set fresh goals and refocus on your wellness journey. Remember, life is a journey, and Intermittent Fasting is more than just a diet—it's a lifestyle that, with the right approach and support, can lead to a happier, healthier you. With just a few simple adjustments to your daily routine, you can ensure that this month is not only productive but also a healthy and fulfilling one.

TOP TIPS TO KEEP MOTIVATION HIGH

We know the benefits of Intermittent Fasting go way beyond the scales—think heart health, emotional well-being, longer lifespan, and fewer illnesses. So why do so many of us struggle to achieve our goals? It all comes down to finding and keeping your motivation.

This journey isn't about deprivation or sheer willpower. It's about personal discovery, setting yourself up for success, and yes, embracing strategies like Intermittent Fasting that can make the process feel more aligned with your life.

Ready to get motivated and crush those September goals?

Let's dive in!

Real, lasting weight loss doesn't come from obsessing over calories or punishing yourself at the gym. It's about finding what truly motivates you from within. Start by exploring your beliefs and identifying anything that's been holding you back.

Then, focus on shifting your mindset and setting realistic, achievable goals that will propel you for

1. Find Your Purpose

What's your "why"? Whether it's improving your health, boosting your confidence, or being the best version of yourself for your loved ones, finding your true purpose is key. When you connect with 'why' this journey matters to you, everything else falls into place. Your reasons matter: One [2018 study](#) found that women who wanted to lose weight to improve their appearance were less successful than those who were concerned with their health and overall fitness.

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2. What is your goal?

Specific goals lead to specific results. Aiming for a stone loss in a specific time frame? Put a number and a date on it. Or is it more a health marker? Reduce your BMI by 1st October. Write it all down and work towards it every single day.

3. Change Your Story

If you've always seen yourself as someone who struggles with weight, it's time to rewrite that story. You are worthy and capable of the transformation you seek. Change your story, and watch how your life changes too.

3. Cinch Your Mornings

How you start your day sets the tone for everything else. Create a morning routine that energises and motivates you, throughout this month we will be sharing our morning routine which sets us up for the day. It involves gratitude, affirmations, goal setting and movement of some description.

4. Start with Self-Love

Self-love isn't just a buzzword or some 'namdy-pandy' saying —it's scientifically proven to aid in weight loss. Appreciate your body for what it can do, and treat yourself with the kindness you deserve. Positive self-talk will transform your mindset and your results. Research shows that people who appreciate their bodies are more successful in weight loss. So, instead of looking in the mirror and seeing your perceived flaws, look for the things you love about yourself.

5. Get Educated

Weight loss isn't about quick fixes; it's about understanding and adopting sustainable habits. Learn all you can about Intermittent Fasting through this community and through your own reading, podcasts and audio books — we know it is an amazing tool that can help you manage hunger, improve metabolic health, and simplify your eating routine, but you have to understand it and appreciate it for what it can do for you. This is your personal journey and you find a schedule that works for you.

6. You do You.

Your journey is unique. Comparing yourself to others only leads to frustration. Focus on your own progress and celebrate every milestone, no matter how small.

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7. Examine Bad Habits

We all have habits that don't serve us. Whether it's late-night snacking or skipping workouts, identify these habits and work on replacing them with healthier alternatives.

8. Practice Positivity

Surround yourself with positivity. Starting from the moment you wake up, do it through affirmations, your gratitude journal & keeping good vibes around you, a positive mindset reduces stress and sets the stage for healthy habits. It's your mindset that controls your actions, so work on it every single day and don't let the doubt or doom in!

9. Make It Fun

At Cinch, fun is at the heart of all we do. We have proven that weight loss doesn't have to be a chore. Join in our activities, our internal challenges and use our tools in your members area. When it's fun, you'll stick with it.

10. Know Your Triggers

Stress, boredom, or certain social situations or people might trigger unhealthy habits. Be mindful of these triggers and plan ahead to avoid them or manage them in healthier ways. Use the group for added support and your affirmations to strengthen your mindset.

11. Forget About It

Don't let weight loss consume your life. Engage in hobbies, spend time with loved ones, and do things that make you happy both in our Cinch community and in your own circle. A balanced life naturally supports healthy habits.

12. Give Yourself Little Rewards

Celebrate your small victories! Whether it's treating yourself to a new book, a new pamper product, or a new outfit in a smaller size, rewards keep you motivated and make the journey more enjoyable.

13. Drink Lots of Water

Hydration is key. Drink plenty of water to stay energised, reduce cravings, and flush out toxins.

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14. Eat the Rainbow

Eat as many colourful fruit and vegetables as you can - challenge yourself to buy a new and different veg each week - it keeps your gut microbiome healthy and ups your antioxidant, vitamin and mineral levels.

15. Protein Power

Make sure you are eating a good portion of protein with every single meal. A chicken breast, steak, fish or for veggies think Tofu, Temph, beans and pulses.

16. Good fats!

Avocados are not the enemy. In fact, they should be one of your best friends! Good fats found in avocados, nuts, whole dairy and lean meats are essential for our brain, bones, muscles and hormone health.

17. Share the love.

Have you been successful in losing weight? Do you feel great? Share this with the group or someone that you see is struggling. It is unbelievable how much reward you will personally feel by helping others. It not only strengthens your own resolve but it can help people change their lives....

18. Find a BFF (Best Fasting Friend)

Need extra support? That's what we're here for! Cinch Fast 30 offers guidance and community to help you every step of the way. For the month of September we are trialing a brand new BFF / Buddy / Mentorship system - simply drop us an email at info@cinchfast30.com and we will match you with yours!

19. Take it SLOW!

Remember, the journey to better health and well-being is a lifestyle, not a quick-fix diet. Keep your motivation high by connecting with your "why," embracing Intermittent Fasting, and surrounding yourself with the Cinch positivity and support.

You've got this!

Recipe of the Week

Mediterranean Chicken

This is a super-easy, light and delicious recipe can be made in about 15 mins and is full of goodness.



Ingredients:

- 4 chicken breasts cut into strips
- Cup of plain flour
- 1/2 jar of sun-dried tomatoes
- 1 red onion finely sliced
- 3 garlic cloves minced or diced
- 1/2 to 1tsp of chilli flakes or lazy chilli (or fresh)
- 4-5 heaped TBSPs of Greek yoghurt, we used Fage.
- 250ml chicken stock
- 35g grated Parmesan cheese
- 10-12 fresh basil leaves
- Fresh lemon juice
- Sea salt and black pepper

Method:

1. Coat the chicken in flour seasoned well with sea salt and black pepper
2. Heat 2-3 TBSPS of the oil from the sun-dried tomato jar and brown the chicken - remove from pan when 1/2 cooked
3. Add the garlic, sun-dried tomatoes, chilli and thyme to the pan and cook for 5-8 mins
4. Add the chicken back + the chicken stock, greek yoghurt, salt & black pepper and cook for a further 20 mins on a low simmer
5. Add the fresh basil leaves and parmesan and more thyme and serve with your side of choice!

Serve with rice/pasta or greens and baked sweet potato

Events & News

September '24

Walk & Talk

We're excited to meet on Wednesday 11th September at Cave Hill Car Park in Belfast Castle at 7pm. Everyone is welcome to join in on the 90 mins walk - it isn't overly challenging (we took our children on it) and is a great way to meet other members and strengthen your motivation.



Forest Bathing

Experience the calming benefits of forest bathing with us on Wednesday, September 18th at Hillsborough Forest Park! Forest bathing, or immersing yourself in nature, helps reduce stress, boost mood, and enhance overall well-being. Join our Cinch session to rejuvenate your mind and body amidst the serene beauty of the forest. 🌲🍃

Cinch Active

Our Active Challenge supports the LifeHub NI Virtual Charity Cycle, Run, Walk, or Row Challenge to virtually travel from Belfast to Costa Rica, while raising funds to feed those in need in NI.

How to Get Involved:

1. Download the Strava App & join the Cinch Strava group.
2. Track your distance with any activity—cycle, run, walk, or row.
3. Nominate 5 friends and tag us @cinch_your_life and @lifehub.ni.
4. Try different activities each day.
5. Optional: Text TELLAFRIEND 5 to 70085 to donate £5.

