



Winter Gains

FIVE Reasons why you're likely to gain weight this WINTER

Unless you act now to avoid it...

But did you know on average you Gain 5-7lbs of weight over the Winter Period

This is due to an average increase of around 200Kcals consumed more a day

So, for some of you that could easily be up to a STONE before you can even say MINCE PIES

Over the next few pages are 5 common reasons why this happens so you can make a plan now to avoid this gain

And join the ELITE group who doesn't lie in January saying New Year New Me (eye roll)



You decrease your activity level because it's too wet and cold.

The urge to hibernate and make excuses is at an all time high in the Winter.

Exercise is the one common area that increases all of your 4 HAPPY hormones.

TIP: Not only will gyms be warm you can also work out at home....

hey this will solve the saving money on heating problem because your body heat will warm up the room

So get the family involved



Comfort eating is warming

It's a natural urge that you got through in the winter

but lucky for you there are a number of body heating meals that don't require many calories such as Fajitas, Casseroles, Soups and Stews

TIP: Plan your shopping and meal list ahead of time



No food shortage because its Winter

it's our ancestors fault because it's in our biological make up
that winter means reduced food

But you're smart you know there is no shortage so don't listen
to your inner CAVE PERSON

TIP: Use a 'IF/WHEN THEN' statement

For example; "When I go to the shop then I'll remind myself
I'm not hungry and won't buy the extra food"

By placing yourself in that future position your mind is ready to
take on the challenge



Accountability

You can hide your body under baggy clothes so it's easy to pretend nothing is happening until it's too late

and then you're in the same weight loss/gain cycle that you've been in for 20+ years

TIP: Hold yourself accountable by trying on some of your less covering clothing (maybe summer/beach wear) every week to keep you honest



Don't let depression take over

Due to the lack of sunlight and exercise it's easy to feel depressed so starchy and sugary foods make you feel better (temporarily)

Try to avoid the drug like system of the high calorie foods and do more things your truly love that don't lead to you being miserable because you're over weight

TIP: Get outside as much as possible if when cold and supplement with a good VIT D tablet and ensure you're are eating notoriously filling foods high in PROTEIN, FIBRE and WATER to eliminate cravings



Hopefully by now you have a good idea on what could be the root cause behind your Winter Weight Gain and you know that Knowledge is useless without action being taken to try and fix the problem.

Yet these aren't the only ones.

There could be many causes that aren't on the list

But don't worry because I know you're a clever and brave person I know you will reach out for professional support if you're struggling, rather than keep fighting this battle alone

If this is something you're interested in then I give everyone who reads my e-books a free 15 minutes no obligation power call to see if we are a good fit and find a little more about your struggles

If this is for you click the button below to book in your free call today
<https://tauruspt.co.uk/contact>

I can't wait to hear from you

Shaun

P.S Don't worry if the time isn't right for you

But one simple way to ensure you use the information you learned is to invest in it. So, if you took anything away from the book could share this on your social media?

Or maybe a little written review about it here
<https://g.page/r/CZ7xCzWExUeFEB0/review>

Because NOW you've invested and you're very likely to move forward

Sounds great, right?

Thank you in advance.....

P.P.S Don't say you're waiting for Christmas/
New Year to take action - It could be too late



