

LettucEat



Hello!

Welcome to LettucEat, your way of keeping motivated as you eat and exercise like a pro.

As of today, you are a **Lue Lue** - so get ready to have fun, share stories and drop those pounds forever.

A huge part of losing weight is believing you can do it and realizing it's not going to happen overnight. What we are doing here is not a quick fix but a lifestyle change. It's time to stop wishing for the change to happen and to finally get up and make the change ourselves.

Today, you are going to promise yourself 13 things:

- No more negative body thoughts
- No more "I'll do it tomorrow"
- No more sitting and wishing for a thinner you
- No more eating when you're not hungry
- No more waiting for this to get easier
- No more muffin tops
- No more wobbly thighs
- No more round stomachs
- No more "Buts..."
- No more "I can't"
- No more "It's too hard"
- No more "I'm too tired"

No more excuses.

Today, we're going to work for a better tomorrow. We are in this together and we will always have each other's backs!

Just remember, that voice inside your head that says you can't do it is a **liar**.

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Hello!

It's time to prepare for week one of being a LueLue. In order to have a productive first day, there are some things that you'll need to bring to the meeting:

1. **Bring an old picture of you.** This can fall into two categories: either a version of yourself where you looked a little less fabulous and you never want to end up there again, or a version of yourself where you were smoking and you consider that to be your highest point. If you don't have a picture of yourself, you can pull inspiration from another source, but the most effective inspiration will come from a personal past high or low point.
2. **Start thinking about what you want your long term goal to be.** This means what change you want to see within six months – one year. It can be anything from “I want to drop a dress size” to “be able to run a 5k without having to stop”. You are aiming for something ideal but not out of reach. Keep it realistic but don't be afraid to dream a little.
3. **Start brainstorming about possible short term goals.** This means goals you can complete within one to two weeks. An example of this would be “I am going to reduce my sugar intake this week” or “I'm going to give up my wine”. It can even be something like “I'm going to add an extra mile to my workout” or “I'm going to get at least 8 hours of sleep”. These are the little changes that will help you feel better and hopefully change up your lifestyle to see what works and what is a little more difficult to achieve.
4. **Don't forget to bring a snack!** As we sit together in our meeting, we can share what healthy treat we are snacking on. The hardest part of eating healthy foods is nothing having it on hand. What we do have on hand are those salty sins and those chocolaty delights. Having a snack in the bullpen ready to go will make eating smart a no brainer. Don't forget the recipe to share!
5. **Make a mental note about efforts you are trying now.** How are things working? Prepare to share what you have done up to this point. Keep tabs on whether or not you're drinking enough water, about how much extra sugar you've eaten and whether or not you've exercised that during the week. We're not starting from scratch, we're building upon past efforts and through discussion, we'll figure out what to keep & sweep from our lives.

See you at our meeting this Sunday!

LettucEat® Club