

### Get good at saying no.

There is always crap to eat. You enjoy it for a millisecond and regret it for the rest of the day/week

### Ramp up work outs

Use the stairs at the Uni for example

### Rainy days

Check pinterest for workouts

### Get going

Getting started on each workout is the hardest part

Once you are actually going you enjoy it

### Do 20 min workouts

if you feel like doing nothing.

### Calories in...

Glass of Milk (250ml)	103
Sugar (teaspoon)	15
Slice of cheese (thin 20g)	80
Slice of cheese (medium 30g)	120
Bread (2 slices)	180
Egg (large 50g)	71
Butter tablespoon	102
<b>Chocolate (100g)</b>	<b>535</b>
<b>Marshmallow (100g)</b>	<b>318</b>
Wine (glass)	123
Beer (can)	154
Pasta (cup plain cooked)	182
Frosty Fruit	84
<b>Cream (cup)</b>	<b>821</b>
Ice cream	267
Dried apple (4 pieces)	64
Apple cup	50
Bannana	100
Tea (sugar)	15
Tea (Milk and Sugar)	40

### Calories in... (cont)

<b>Smiths chips Cheese Onion (100g)</b>	<b>511</b>
Dried apricot (8 pieces)	64
Avocado (1 cup)	234
Sour Cream (table spoon)	23
Sour Cream (cup)	445
Rice (cup cooked)	206
Magnum Ice Cream Plain	283
Magnum Ice Cream Ego	349
<b>Aldi Salted Caramel Pudding</b>	<b>464</b>

Nats BMR = 1450. Davids BMR = 2371.  
Consume more and gain weight, consume less and lose weight. Exercise to lose bonus weight.

### AUDIOBOOKS

Jane Austen

Terry Prattchett

Amy Pohlar

Jennifer Cruise

### Ride your bike to work

This is fun and easy and takes only a couple extra minutes each way!

### Zumba

Us youtube to find Zumba workouts. Put on the air conditioning and ZUMBA!

### Dietbet

Put a bet down on diet bet. This gives you instant motivation, especially if its a big bet, and it gives you a sense of competition.



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