



**KICK START**  
Work Hard, Dream Big

**Foods to  
boost your  
brain power**

**Workout Gear that  
will want to make  
you work out**

**Juice It up  
- healthy  
delicious  
juice  
recipes**

**How to get  
back onto  
the fitness  
wagon**

**And more....**

**13  
2016**

# Together Everyone Achieves More

The past three weeks I have been travelling up and the country guest speaking at our Kick Start Fat Loss Franchisees January Launches.

It's been great fun and a real pleasure to meet both new and existing KSFL members.

The nights have left me on such a motivational high as I have met so many incredible people who have adopted the Kick Start Fat Loss Lifestyle which has lead them to lose weight, get fit and dramatically increase the quality of their lives.

We've had fantastic turnouts across the country -we've laughed, shared stories, workout together and tasted some of our delicious Kick Start Fat Loss foods. Take a look at some of our vlogs by following the links later on in the magazine.

**Rachel Holmes**

Get ready to be inspired!

Lots of love

Rachel xxx

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# NEW KICK START FAT LOSS REVOLUTION!

**“It's time to upgrade,  
overhaul and become  
empowered!”**

**Rachel Holmes**

**CLICK  
HERE  
TO ORDER  
YOUR KSFL  
REVOLUTION  
BOOK  
TODAY**

**RACHEL HOLMES**

LEADING UK FITNESS PRESENTER

## **KICK START FAT LOSS THE REVOLUTION**

THE SMART WOMAN'S  
GUIDE TO LOSING FAT,  
FEELING SHARP AND  
TRANSFORMING HEALTH.



# Kick Start Fat Loss On Tour

Kick Start Fat Loss  
goes on the Road.  
Check out some  
pictures and  
videos from our  
fab franchisee  
launches.





Cambridge



Hereford



Glasgow  
sweet treats

## Check out our Vlogs

<https://www.youtube.com/watch?v=qghrej8hYJg>

[https://www.youtube.com/watch?v=\\_9yJs1jSVtU](https://www.youtube.com/watch?v=_9yJs1jSVtU)

[https://www.youtube.com/watch?v=\\_l743kd8FæE](https://www.youtube.com/watch?v=_l743kd8FæE)

<https://www.youtube.com/watch?v=ZfMyG3XmgQo>

<https://www.youtube.com/watch?v=OTQSQHdoW1o>

<https://www.youtube.com/watch?v=Jfm8bv1L8UM>



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NEW

KICK START

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# Want to discover real happiness? Coconut oil

When buying coconut oil, be sure to look for unrefined organic coconut oil as it is the most natural and healthiest option available. Have you tried our Kick Start Fat Loss cold pressed organic coconut oil? You can purchase it directly here: <http://www.kickstartfatloss.net/coconut> There are so many ways to use coconut oil. There is science behind it – it's not just a beauty craze.

## Homemade Toothpaste

A quick fix for toothpaste can be coconut oil mixed with baking soda with essential oils to taste. Coconut oil has antifungal and antibacterial properties for cleaning teeth.

## Eye Cream and Nighttime Moisturizer

After removing your makeup, gently rub coconut oil underneath your eyes area and across your entire face as a night time moisturizer. Using coconut oil around your eye area can prevent wrinkles and reduce puffiness and under-eye bags.

## Body Lotion

Apply this miracle worker to your entire body instead of your normal lotion, and enjoy soft skin throughout the day.

## Cuticle Cream

Cracked cuticles and hangnails are unsightly and painful. Try applying coconut oil twice a day at the base of the nail to remedy.

## Bath Oil

Skip bubble bath and salts, and try adding coconut oil to your bath. The hot water will melt the oil into a liquid. and you can literally soak in the moisturizing benefits.

## Shaving cream

Instead of a shop bought shaving cream, try a more natural approach with coconut oil. Wet the area, apply coconut oil, and shave as usual. Coconut oil helps the razor glide across your legs and hydrates skin in the process.

## Massage Oil

It's hard to not feel relaxed when you catch a whiff of coconut. You envision a sunny day on a tropical beach with a piña colada in hand. With that in mind, use coconut oil as massage oil, and let the relaxing scents carry you away.

## Heal Dry Skin

Whether it's your elbows, feet, or anywhere in between, call in the big guns to help heal the scaly patches. To prevent nosebleeds and provide relief from a cold, rub coconut oil on the inside of your nose.

## Face Mask

Honey contains antimicrobial properties. Combine it with equal parts coconut oil for a great face mask. The mask can help to clear acne and keep skin soft and glowing.



# Want to discover real happiness? Coconut oil

## **Body Scrub**

Create a DIY body scrub by mixing coarse sugar or salt with coconut oil. The grains slough off dead skin while the oil moisturizes skin underneath

## **Hair Mask**

Apply coconut oil to wet or dry hair from roots to ends and let sit. Rinse the oil off in the shower and moisture will be restored to your hair.

## **Calm Frizz**

Smoothing a small amount of coconut oil through the ends of your hair can tame frizzy strands. Coconut oil repels water, the culprit behind frizz.

## **Lice Treatment**

Rinse hair with apple cider vinegar; then apply coconut oil to the scalp. Wrap in a shower cap, and leave overnight or for several hours. Remove cap, and easily comb out the lice eggs without damaging the hair.

## **Dandruff**

Massage coconut oil into the scalp. The oil will moisturize to reduce dandruff symptoms, such as itching and flaking.

## **Clean Makeup Brushes**

Create a DIY makeup brush cleaner by combining antibacterial soap and coconut oil. The combination will deep-clean residue from brushes and condition the bristles.

## **Chapstick**

Since coconut oil is in a semisolid state at room temperature, it is the perfect consistency for a lip balm. Coconut oil is naturally SPF 4 and can remedy chapped lips.

## **Bug Shield**

A balm of coconut oil and tea tree oil can keep bugs away and help prevent bites.

## **Wound Care**

Rub a thin layer of coconut oil on minor cuts, scrapes, and bruises. The oil calms the area and creates a barrier against dirt and bacteria.



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- ✓ Free UK delivery on all products purchased!
- ✓ 12 months warranty & 7 day money back promise!
- ✓ We have an on-site workshop if any of your equipment ever needed fixing!
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# Go Breadless with these 7 Sandwich Solutions

Love a sandwich but don't love the carb coma it puts you in after? Well, try out some of these delicious breadless sandwiches. I'm sure you will agree they are the best things since....well sliced bread!



## 1. Salmon Lettuce Wraps

Add your favourite herbs or spices to some salmon, spoon into lettuce cups and you are good to go!

## 2. Red Bell Pepper Sandwich

The red bell peppers give a refreshing crunch to the old staple bread sandwich.



## 3. Grilled Aubergine Sandwich

Aubergine, tomatoes, and mozzarella fill up a hungry bunch without breaking the bank. Fresh basil is the perfect way to brighten up rich flavours.



## 4. Cucumber subs

With this simple and creative sandwich idea, you can fill it any way you wish. However, you may find it a little heavy on the cucumber. If this is the case, try it as an open faced sandwich.



## 5. Portabella Halloumi Burgers

Beautiful AND delicious, Meatless and flavourful. Can you go wrong?



## 6. Almond Butter Apple Sandwiches

Need an afternoon pick me up? Well step away from the bread, slice up that juicy apple and top with smooth almond butter.



## 7. Tomato Avocado Burger

When you want a burger without the bloat! Try this delicious bunless burger.



# Thrive

## 5 Reasons to break up with your scales

For some people, the scales can be a helpful tool for tracking daily weight and adopting healthy behaviours that support weight loss. But for many, being weighed is a means of measuring their self-worth. It triggers a cascade of feelings, including judgement, self-doubt, disappointment, and anger, which can lead to emotional eating, dietary restraint, disordered eating and body image issues.

Here are five reasons to divorce the scales:

### 1. Your weight fluctuates daily

While it is good to measure and track your progress, over the course of a day, your weight can fluctuate between 1-4kg depending on your clothing, food and fluid intake, physical activity levels, hydration status, hormone levels, bowel movements and digestion. These daily weight fluctuations are not representative of body fat or muscle mass that you have miraculously gained or lost. Your health does not suddenly improve when you go to the loo.

### 2. Your weight is a poor indicator of your body composition

When you stand on the scales, what do you see? That single number, which may or may not have changed since you last stood on the scales, doesn't give you much idea of what your body composition is. Your total weight or mass is made up of: Lean mass (fluid + soft tissue + muscle) PLUS fat mass (the sum of all the fatty tissue in the body) PLUS bone mineral content (the weight of your skeleton). The scales cannot tell you anything about these three variables, or how their proportions are changing over time..

### 3. Your weight says very little about your health

Your weight, or your BMI (Body Mass Index) may tell you are in a healthy range, but does that make you healthy, or fit? You could weigh in with a "healthy" number but instead be a mobile depot of dangerous levels of internal fat called Visceral Adipose Tissue (VAT). A DEXA scan can reveal that even apparently slim people can have dangerous levels of VAT around vital organs, such as the heart, liver and pancreas. These people are also known as "Skinny Fat" or TOFI's (thin outside, fat insides). This fat is very inflammatory and produces hormones and proteins linked to insulin resistance, type two diabetes and heart disease. Likewise, we all know those healthy, fit and muscular individuals

who are "overweight" or "obese" according to their weight on the scales, but their body composition is made up of healthy levels of body fat, and a high lean mass.

### 4. Your weight should not dictate your self-esteem

Does your morning ritual of jumping on the scales determine whether you have a good day or bad day? If you don't want to go from happy to crappy in 2.5 seconds then do yourself a favour and don't weigh yourself. Only you can determine your self-worth, value and self-esteem and it psychologically unhealthy to allow a number to do so, especially a number that is so variable. Your weight should never dictate your happiness and there is more to life than counting calories and losing weight. Be happy being you, and focus on making daily choices that feel good for your body, building healthy relationships, and loving yourself.

### 5. The scales only shadow the real improvements

So, you've decided to make some big improvements and make a commitment to your health. You're eating healthier, going to bed at a reasonable hour, sleeping like a happy log, and exercising more. Consequently, your cravings have reduced, your energy levels are sky high, and perhaps a medical condition you have has greatly improved. Awesome, right? Maybe, but somehow all that goodness seems to evaporate when you weigh yourself and (horror!) you've only lost ½ a pound in two weeks! Clearly, nothing has happened, and all that effort has been a colossal waste. In fact, you have a moment of realisation— you are an epic failure! The only way to solve these negative feelings is to bunker down to some serious emotional eating. NO! Focusing all of your attention on that number on the scale, and using it as a sole measurement of your success blinds you to the other, more meaningful results of your hard work and effort.



## **EUROPE'S LARGEST SUPPLIER OF MUSIC TO THE FITNESS INDUSTRY!**

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**Pure Energy supplies thousands of instructors with music tailored for fitness classes on a monthly basis on CD & download, offering individual releases or annual subscriptions either with or without a PPL licence included.**

### **CORPORATE**

**Pure Energy supplies group membership for centres and multiple sites, offering regular music releases for all disciplines and licensing options to suit any budget, providing both original artist and PPL free alternatives.**

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**Pure Energy works with some of the biggest names in the fitness industry to create bespoke music releases to suit their training programmes. Whatever the concept, we can tailor the music to enhance the experience.**

**[WWW.PUREENERGYMUSIC.COM](http://WWW.PUREENERGYMUSIC.COM)**

# How to get back on to the fitness wagon

If your exercise bag has moth's flying out of it, your gym membership card is covered in dust and you've developed a pizza and chips diet – well then frankly my darlings it's time get focused and recommit to the healthy lifestyle that you deserve. Starting is always the hard and it can be especially tough if you've lost your 'mojo' and strayed from your fitness routine. Feelings of guilt, frustration and failure soon creep in and before you know it you are crying into a tube of sour cream Pringles (once you pop you just can't stop!) Instead of thinking of a healthy makeover as an unachievable goal, view it as small positive easy tasks you repeat daily. Ta-dah! Before you know it, it becomes second nature and you've adopted an entirely new lifestyle. So are you looking to make a change? Here are our five top tips to get you back in the fitness saddle.



## 1. Cook a healthy recipe

Sounds simple right? Well the good news is it is! Often we fall off the wagon because we fall out of sync with routine. We dine out more and we don't plan and prepare our food. Kick Start your healthy lifestyle by committing to cook more food at home. Sure, it will involve more preparation and planning but it will make you more accountable for what goes on your plate and in your mouth. If you are struggling for recipes check out our yummy Kick Start Fat Loss recipes [here](#)



## 2. Start Easy and Finish Hard

A new fitness routine can be intimidating — especially after a long hiatus. Instead of killing yourself right out of the starting gate, let your body ease into things by picking an easy- to moderate-level workout. Go for a brisk walk, take a beginning yoga class, or bring this beginner treadmill workout with you to the gym. From here, gradually build on your workouts to increase both your endurance and strength levels.

# How to get back on to the fitness wagon



## 3. Workout with a friend

When you fall out of your fitness groove it certainly feels like a bit of a drag as your energy levels plummet. Excuses don't burn calories. If you need more motivation schedule a fitness date with a friend or partner – encourage each other but remember to keep it fun.



## 4. Commit yourself to a natural detox of sorts by eating clean.

Rid your diet of processed foods, sugar, alcohol, refined carbs, and caffeine. Go a step further by eliminating foods that people show sensitivities to like dairy and gluten. What's left is a diet of whole, natural, unprocessed goodness. Chances are you will feel lighter and more energized than ever before!



## 5. Give up a vice

Don't focus on what you are giving up but concentrate on what you will gain. Whether it's alcohol, a leaning toward sweet treats, or too much television, commit to giving up a vice for an extended period of time.

# Juice it up and drink to your health

**Your mother always told you to eat your vegetables #welldonemummy. But who honestly eats their 5 portions of fruit and veg everyday?**

Gold star for you if you do but don't panic if you don't. Juicing is a delicious and easy way to reach your daily target intake of fruits and vegetables.

When you cook food valuable and sensitive micronutrients become damaged so we lose a lot of the original nutrients.

Juicing helps you absorb all the nutrients from the vegetables. This is important because most of us have impaired digestion as a result of making less-than-optimal food choices over many years.

This limits your body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you, so you will receive most of the nutrition, rather than having it go down the toilet.

**Here are some tried and tested Juices that don't taste like pond water! They are pretty yummy so give them a go. Enjoy!**

## Spicy Carrot Juice

- **7 carrots**
- **1 1-inch piece ginger, peeled**
- **1/4 cup coriander**
- **1/2 lime, peeled**
- **Pinch cayenne pepper**
- **Pinch salt**



# Sweet and Dandy

- **1 beetroot**
- **1 carrot**
- **Half cup of pineapple**
- **1 1/2-inch piece ginger**
- **1/2 lemon, peeled**
- **2 Granny Smith apples**



# Celery and Pear Juice

- **6 pears (sliced)**
- **2 stalks celery**
- **3 cups kale**
- **2 tbsp fresh mint**



# KSFL Cool Cloudy Lemonade

- **2 apples**
- **1/2 lemon**
- **Sparkeling water**



# KSFL Spinach Juice

- **1 bunch spinach**
- **2 apples**
- **1/2 lemon, peelwd**



# Fitness Pilates

## Do you want to train to teach **LEVEL 3** Fitness Pilates?

**Qualified** Pilates Instructors are in high demand all over the UK.

**Pilates** classes are continually busy with waiting lists & an abundance of clients looking for classes.

**The** potential to set up your own successful independent community classes in a local venue.

**Clients** are happy to pay for courses and in advance enabling you to run profitable community classes.

**Pilates** is viewed as a premium class therefore you can command a higher fee than other group exercise classes.

Active IQ **Level 3** Diploma in Pilates with **Rachel Holmes** & **Kelly Reed-Banks**

### 2016 Dates for Level 3

BRISTOL – 15/16/17 JANUARY

**LONDON – 15/16/17 APRIL**

MANCHESTER – 17/18/19 JUNE

**DERBY – 16/17/18 SEPTEMBER**

LONDON – 11/12/13 NOVEMBER

The full course price is £720 + VAT **BUT** You can join C2GO as an advanced member and get a **10%** discount from your course fee.

For more information click [\*\*here\*\*](#)

# Hot to Trot

Money can't buy happiness but It can buy new workout clothes and that's pretty close!

Here are some fabulous fitness gear that will have you looking your best and actually make you want to work out.



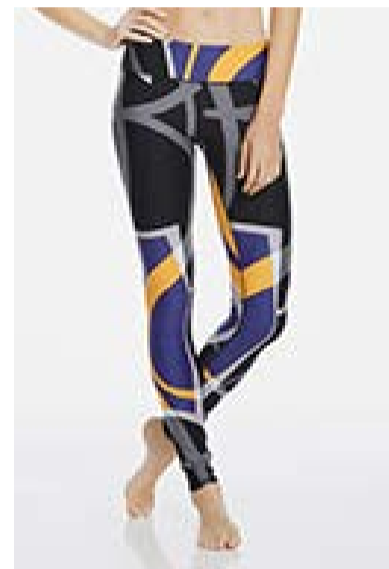
[HPE](#)  
Cross Seamless X  
Hoodie, Plum  
£80

[Pursue Fitness](#)  
3/4 Yoga Capris  
Light Grey  
£30



[Sweaty Betty  
London](#)  
Urdhva Yoga  
Leggings  
£85

[Fabletics](#)  
Salar Leggings  
£22



[Hip and Healthy](#)

Monreal London  
Bra  
£95

Varley Ella  
Technical Vest  
£50

[Active In Style](#)  
Baseball Tee  
£28



[Nike Air Max](#)  
Thea Jaquard  
Premium  
£105



[Reebok](#)  
Crossfit Front  
Rack Bra  
£38

[Roxy UK](#)  
Low Key -  
Relaxed Fit Tank  
£21.00



# Spice Up Your Life

Source: [www.fitnessmagazine.com/](http://www.fitnessmagazine.com/)

Modern science is beginning to uncover the ultimate power of spices and herbs, as weapons against illnesses from cancer to Alzheimer's disease. "We're now starting to see a scientific basis for why people have been using spices medicinally for thousands of years. While science has yet to show that any spice cures disease, there's compelling evidence that several may help manage some chronic conditions (though it's always smart to talk with your doctor). And of course, seasoning your dishes with spices allows you to use less of other ingredients linked with health problems, such as salt and added sugars.

## 1. Sage

**Pairs well with:** Squashes; parsley; rosemary; thyme; walnuts

**May help:** Preserve memory, soothe sore throats

**Recipe to try:** Sweet Potato & Turnip Mash with Sage Butter

[http://www.eatingwell.com/recipes/sweet\\_potato\\_turnip\\_sage\\_mash.html](http://www.eatingwell.com/recipes/sweet_potato_turnip_sage_mash.html)

## 2. Rosemary

**Pairs well with:** Potatoes; citrus; honey; garlic; onions; chile peppers

**May help:** Enhance mental focus, fight foodborne bacteria.

## 3. Turmeric

**Pairs well with:** Garlic; citrus; ingredients in curry powder, such as coriander & cumin

**May help:** Quell inflammation, inhibit tumors.

**Recipe to try:** Golden Turmeric Latkes with Applesauce

[http://www.eatingwell.com/recipes/turmeric\\_latkes\\_with\\_applesauce.html](http://www.eatingwell.com/recipes/turmeric_latkes_with_applesauce.html)



## 4. Chili Pepper

**Pairs well with:** Ginger; chocolate; beans; beef

**May help:** Boost metabolism.

**Recipe to try:** Paprika & Red Pepper Soup with Pistachio Puree

[http://www.eatingwell.com/recipes/red\\_pepper\\_pistachio\\_soup.html](http://www.eatingwell.com/recipes/red_pepper_pistachio_soup.html)

## 5. Ginger

**Pairs well with:** Soy sauce; citrus; chili peppers; garlic

**May help:** Soothe an upset stomach, fight arthritis pain.

## 6. Cinnamon

**Pairs well with:** Cloves; nutmeg; allspice; chocolate; fruit; nuts

**May help:** Stabilize blood sugar.

## 7. Saffron

**Pairs well with:** Shellfish, rice, tomatoes, garlic, onion

**May help:** Boost your mood, relieve symptoms of PMS

## 8. Parsley

**Pairs well with:** lemon zest, mint, garlic, capers, fish, beef

**May help:** Prevent cancer

# Work out with me on Periscope



Join me on Periscope @RachelHolmes

You can work out with me,  
**anytime,**  
**anywhere!**

# Foods To Boost Brain Power

Time to cook up some curry! A study in the Annals of Indian Academy of Neurology showed older adults in India are 4.4 times less likely to develop Alzheimer's than the same demographic in the U.S. Turmeric also has anti-inflammatory abilities to protect cell erosion and carries antioxidant effects that fight against breakdown in cell membranes



## 1. Berries

Turns out berries do a lot more than just sweeten up your morning smoothie. "Berries are rich in polyphenols, especially anthocyanins, shown in studies to increase sharpness and speed of processing in areas of our brain function that are the first to go as we get older



## 2. Avocados

Foods rich in polyunsaturated and monounsaturated fatty acids will help your head and your heart, says. Stick to healthy fats only, of which avocados have many, and skip trans and saturated fats.



## 3. Orange fruits and veggies

Sweet potatoes, carrots, melon, butternut squash, and oranges serve as great defenders of cell breakdown, causing better brain function into older age.



## 4. Almonds and Walnuts

With the exception of peanuts and cashews, all nuts are high in the vitamin E, which is essential for protecting the brain from age-related damage.

# Foods To Boost Brain Power



## 5. Chocolate

An ounce of dark chocolate will work wonders for mind and body, lowering BMI and cardiovascular disease risk in addition to a slew of other cognitive boosts.



## 6. Wild Salmon

Fatty fish like salmon are the most biologically available source of omega-3 fatty acids, EPA and DHA, in their natural form, and these are the two compounds associated with cognition and brain function. It's the only biologically available source of vitamin D, which is linked to Alzheimer's risk reduction, and fatty fish intake has been associated with improved lipid profiles, particularly when compared to diets higher in saturated fat from meat sources like beef, dairy, and poultry.

Source: [www.fitnessmagazine.com](http://www.fitnessmagazine.com)



# Do you share my vision?

Are you a forward thinker? Do you want to play a part in tackling the UK's obesity crisis? Are you someone who is passionate about helping others become the best version of themselves? Do you have a desire to motivate, support and encourage people into adopting a healthy lifestyle through health & Fitness? If the answer is yes then come and join the Kick Start Fat Loss Revolution.

## Are you coming with me?

**The KSFL® franchise will allow you to have your own business and be your own boss.**

**I will personally coach and mentor you through all the stages including nutrition, business and marketing – to ensure you are 100% ready and confident to take the world by storm.**

**It's all about working smarter, not harder and making a positive impact on people's lives.**

## Copy the link for more information

[www.kickstartfatloss.net/ksfl-clubs/ksfl-franchisee-business-opportunity/](http://www.kickstartfatloss.net/ksfl-clubs/ksfl-franchisee-business-opportunity/)