



Cicily's

GUIDE TO SMASHING GOALS

the **healthy**  Mummy

Cicily's Story

“

Cicily Goodwin's life changed forever four years ago when she embarked on a weight loss journey that saw her lose a whopping 53 kilos in 18 months. Since then, she has overcome personal challenges that led to some weight creep back, but with help from her Healthy Mummy lifestyle and experience, she was able to get back on track and has maintained her initial weight loss since.

She's now living her healthiest and happiest life.

“The Healthy Mummy has bought me so much quality of life. It has helped me to gain a freedom in myself that I've never felt before. I am genuinely happy in myself, confident in my body, and live a healthy life.”



Cicily's Incredible Weight Loss

“

Mum of two Cicily started her journey with The Healthy Mummy in July 2016. In the first few months, she lost 20kgs by using The Healthy Mummy Smoothies twice a day and making the 28 Day Weight Loss Challenge meals. She lost another 35kgs over the next year.

Cicily says “I started the year at 110kgs and got to 75kg!! The lifetime goal I’ve dreamed of my whole life!”

Cicily admits that when she started her journey it was all about weight loss but after living a healthy lifestyle it became a lot more about happiness.

“The Healthy Mummy has given me so much happiness, confidence and self-love. I have so much more energy and for the first time in my life feel truly happy in myself.”

Maintaining the weight loss

Whilst losing a large amount of weight is one part of the story, maintaining that weight loss is another.

Cicily shares, “Maintaining weight loss is a whole different ball game because the natural response to weight loss is weight gain. So I won’t deny I’ve fluctuated a few kgs. Trolls would say to me “you’ll just gain it all back again and then some in a year”, but an amazing thing about The Healthy Mummy is that you are not restricted to 1200 calories, I ate over 2000 calories a day to lose this weight!



A Dealing with Life's Challenge

As we all know, life gets in the way with unexpected challenges. For Cicily, this year brought some personal issues that effected her lifestyle, weight and how she felt about herself.

She shares, “After going through a divorce this year and gaining some weight back, I was feeling pretty terrible in myself. But with persistence and consistency, I’ve managed to lose again what I gained back. I feel a huge sense of body love and confidence within myself.

“So I’m now a single mum, juggling work, university and kids, but I always make time for a walk on the beach to keep active.”

“The Healthy Mummy has bought me so much quality of life. I’ve pushed myself beyond comfort and done things I’ve never dreamed of. I can hike up mountains, run around playing with my kids. My life is amazing and I’m so incredibly happy in myself now.”



Cicily's TOP tips on how to get started

- 1 Get yourself excited! My favourite way to do this is to create a gorgeous vision board. Make it colourful, make it positive, make it beautiful! Print out that photo of your goal outfit, write those inspirational quotes in pretty gel pens (or raid the kids coloured pencils!) put anything that motivates you in a positive way.
- 2 Get yourself organised with an online shop to be delivered with everything you need for the week. I like to customise my meal plan so that I use up the more perishable veggies first, and then the heartier dishes for the end of the week.
- 3 If you want to minimise cooking, choose 2 or 3 snacks you can cook to last the week and alternate them for morning/afternoon snacks.
- 4 Cook extra serves of dinner for lunch the next day or use The Healthy Mummy Smoothies. I love frozen banana and mango with the banana Healthy Mummy smoothie mix.



What made the difference to Cicily's success

I stopped treating my weight loss journey as a fad diet and started thinking long term. I broke my goals down and made them achievable.

I aimed for 700 grams weight loss a week. It may not seem like much but 700 grams is over 36kg in a year – that's a lot!"

I started trying to fill my body with nutritious foods from the Healthy Mummy app and started moving my body. The meal plan is amazing because I can still eat pizza, pasta, burgers, and feel like I'm not missing out, all while learning how to make healthier choices and to keep moderation.

I also loved the support of the Healthy Mummy groups. Sharing my journey and also getting tips and inspiration from others in the community. The support was amazing.

Find your healthy mummy support network and engage in it regularly. Daily food pics, sweaty selfies, get yourself out there and accountable and also encourage other women who are sharing their journeys! Love the posts, comment positively, we need to lift each other up and give each other our tips to succeed, and motivation in low times.





Cicily's TOP tips for STAYING motivated

Keep a goal chart that tracks your progress.

Take photos every week in the same position (I choose Monday mornings in my bra and undies) that you can reflect on in your journey. It's amazing watching the change, it's super motivating! I also take photos even on "off weeks" I find this helps me keep perspective and I can compare photos and continue on, it's a lot less daunting than scales on a bad week!

Give yourself a daily list to check off. Mine would look like:

- Drink 3L water
- Do 10,000 steps
- Have two Healthy Mummy Smoothies
- Have a snack at 10am
- Have a snack at 3pm
- A Challenge recipe from this week's meal plan for dinner.

Cicily's advice on how to overcome a setback

Understand that there are going to be bad days, maybe even a whole week (I'm guilty). BUT if you can find the motivation to get back up, that is where your success comes from. So yes, you will have those days.. but you're only one day behind, or one week behind.. So wake up and smash it!

If you ever feel in a space where you just can't get back on track, get out of that cycle by doing something, anything! This can be going for a walk, doing a home workout, doing an online food shop, doing some food prep, whatever! Just something to click you back into routine.





Cicily's Favourite Healthy Mummy Products

I love The Healthy Mummy Premium Smoothies! Chocolate is my favourite. I love it with Almond milk, frozen banana and ice.

I also absolutely LOVE the skin care range! The pink clay mask, coconut coffee body scrub, and the body sculpting lotion are part of my regular self care routine, they make me feel amazing and fresh.

The Supergreens are another huge favourite of mine. It's a great energy hit and I find the flavour way nicer than any other greens powders I've tried. I completely cut coffee out of my diet unintentionally by using the Supergreens through my journey!

I also like the Control X on occasions I'm feeling the cravings. I find it helps me stay on track.



10 fave recipes:



Beef and sweet potato curry



Chicken quinoa salad



Hawaiian rolls



Mediterranean wraps



Salmon with white bean purée



Layered meatloaf



Soba noodles with salmon



Watermelon and feta salad



Bean and corn tostada

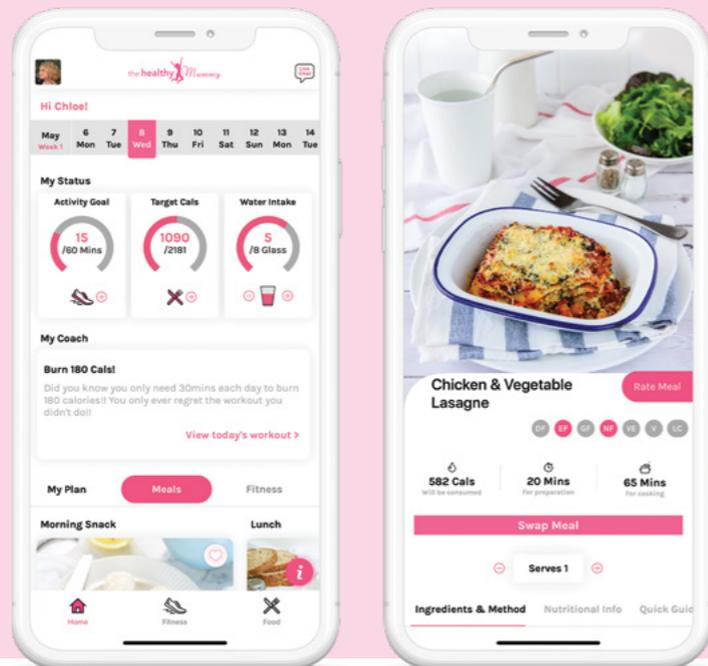


Chicken and lemongrass dumplings

Cicily's Tips for getting the most out of the Healthy Mummy App

Do your meal plan weekly on Wednesdays when it goes live. Have a look through the recipes and anything that doesn't excite you, customise it! There are thousands of recipes to choose from, find something that makes you count down until dinner!

Then order your shopping to get delivered on the weekend ready for any prep you want to do! I love online shopping because I find with kids I'm rushed and often can't find ingredients I'm looking for, so I can do it at my own pace and check out all the specials - sometimes I plan my meal plan around what's on special that week to keep it in budget!



When you plan, think about what's on for your week, do you have a late night that you could plan a meal in the slow cooker? Do you need snacks you can grab on the go? Find what works with your lifestyle (search keywords in the app recipe section).

Log your meals daily, log your water, exercise and log your calories! It all helps keep you motivated and on track, and you also start to notice what works for you when you're paying attention :)

The fitness sections of the Healthy Mummy App make it so easy, you can go for exactly what you want and target specific things such as butt and thighs or core. There are so many to choose from and is such a great resource for the lounge room or at the gym!



How to get in touch with Cicily

 Cic_good_life

Daily live videos in Healthy Mummy Private Support Group and The Healthy Mummy Facebook Page - search #HealthyMummyCicily