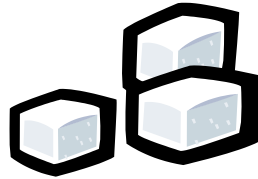




Sugar Sugar



White and deadly

This week we are focusing on sugar and understanding what impact it has on our bodies.

Chris will explain what happens when we eat sugar and some of the different names for sugar. There are a few surprises in there...

Look out for hidden sugars in foods

We also want you to keep doing what you have started in the first few weeks. This is about changing habits!



Actions for this week

- ✓ Watch the videos about sugar
- ✓ Find out what sugar is in your food ⇒ Keep using the hunger scale
- ✓ Do the sugar quiz and find out about hidden sugars and names for sugar ⇒ Continue committing to daily physical activity
- ✓ Check what's in your cupboards ⇒ Keep working on noticing the messages you send yourself
- ✓ Listen to the audio on Anchoring

Small actions and some 'aye can ' attitude will soon make a difference