



New Year Same You: Health and happiness at the size you are

Julie Creffield

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Are you worried about making and breaking yet another New Years resolution related to your dwindling health and fitness? Or will this year be the year where you finally stick to your diet, persevere with the gym and get the body of your dreams? Who you kidding? Well what if I told you there was a more effective way of finding balance, and achieving health and fitness goals that don't rely on that sure to fail all or nothing approach. What if I said you are fine just as you are and that even if you never loose a single pound next year you are already good enough and deserve to love, be loved and appreciate the body that so valiantly houses you? Let me take you on a 12 month journey of acceptance that makes setting these ridiculous and unachievable annual goals a thing of the past, and instead helps you gently form habits and a new healthier attitude that last a lifetime. At a size 18 I was sick of making new years resolutions that simply didn't work? I was fed up of hating my body and feeling like it was impossible to get it right when it came to my health, so I decided to set a big fat stupid goal for myself one year instead of a new years resolution and at close to twenty stone and unable to run for more than 30 seconds at a time I signed up for a marathon. Now with 3 marathons and more than 100 other races behind me I believe I have finally found balance and am proudly heading up the global Too Fat to Run campaign which encourages women to live the life they want now, rather than waiting until they are slim to do it. New Year, Same You shows you how it is possible to find balance too by taking away the pressure be anyone other than yourself. Because ladies, guess what? You are already enough. This book explores the negative things many of us tell ourselves and identifies the battles that so many overweight women face in terms of our sometimes frantic pursuit of health and wellbeing, offering some simple solutions to age old problems without the need for diets or extreme fitness regimes. Using my experience as a plus sized athlete leading a growing community of plus sized runners who follow my blog The Fat Girls Guide to Running which gets more than a million hits a year, I talk about the personal journey I have been on with my body and most importantly my mind so far and offers insight into how you too can become the best version of yourself without the pressure to conform to what society deems as healthy.

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