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Heather Gillam
07967 995416

heather@fitbiztraining.co.uk

December 2010 Newsletter

Welcome to the last newsletter of the year from Fitbiz Training! This month, why you shouldn't just "start again in January", and a recipe for a roasted beetroot and goats cheese salad.

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Don't just "start again in January"](#)
- [Seasonal Foods](#)
- [Recipe: Roasted Beetroot and Goats Cheese Salad](#)

And as ever, please feel free to forward this to family or friends, or alternatively point them in the direction of the sign-up box [on the website](#) - remember they'll get a free copy of my article Myths of Fat Loss when they subscribe!

Wishing you all a very Merry Christmas!



News from Fitbiz Training [\[back to top\]](#)

- I've just revised the "Sensible Guide to Not Blowing it at Christmas" article and have put it back on the site ready to download - if you're keen to not end the year a size bigger, have a read of [this article!](#)
- I'm still planning the 30:30 to start early next year - one evening a week, we'll be holding an hours session at the Georgian House Hotel in Haslemere, 30 minutes of the session will be a simple but fat-torching workout for you to use for the week ahead, and the other 30 minutes will be discussing a lifestyle or nutrition factor. We'll discuss something new each week, each factor will give you extra power in your quest to lose body fat, and you'll get handouts too to build a file of knowledge. If you haven't yet asked me to remind you when we're booking the course up, [let me know now.](#)
- Thanks so much to those of you who replied to my email about a new Trainer to join the team - it's really kind of so many of you to go to such an effort for me.

Lifestyle Tip: "I'm going to start in January" [\[back to top\]](#)

Almost every person I know has said this to me one way or another over the last couple of weeks, and while I can see the logic, I'm not sure I agree.

Most of us have now got over the shock of the nights closing in, and are bored of that winter feeling - cold, tired, unmotivated and craving junky food to keep going. We've got to that point where its now time to stop spending the evening on the sofa in front of Corrie (however exciting it is at the moment!) with a packet of M&Ms, and get back into the swing of eating better and training. But Christmas is round the corner, there are parties coming up, and the week of Christmas will be a nightmare, so we decide there's no point starting now.

We tell ourselves we can bottle the feeling we've got at the moment of wanting to get back into training and eating better. I know I've certainly convinced myself of this before - and of course it never works! After Christmas, you've got a stack of chocolate boxes looking at you, you feel lethargic because you've eaten rubbish for a couple of weeks, and you've probably got a cold coming. Training and eating well does not sound fun!

My thinking about the next few weeks is that although we probably *can* control ourselves and not drink at the Christmas parties we've been invited to, and we probably *could* avoid the chocolates over Christmas - the fact is that we *don't really want to!* That's fine - you've made your decision, you want to be able to enjoy all the parties and all the food around - but why deliberately make no effort at the times you could easily control? Why tell yourself there's no point eating well at the meals you can control because you're going to that party on Saturday and it'll all go wrong anyway?

My view is that we should control the bits we can control. Perhaps there's not so much time for a workout because you need to go shopping, so do a shorter workout; perhaps you've having 5 meals out next week - but that's 5 meals out of 21. If you ate well for 16 meals of the week and fitted in 3 little 15 minute workouts too, you'd not only feel better for it, but you'd probably even get some not-bad fat loss results, and because you're not denying yourself the chance to enjoy the festive food and drink, you won't feel deprived either.

Worth a try?

Seasonal Foods [\[back to top\]](#)

Vegetables around in December are:

Beetroot, sprouts, carrots, cauliflower, celeriac, celery, horseradish, Jerusalem artichoke, kale, leeks, parsnips, pumpkin, shallots, spinach, swede, turnips, watercress

And December's fruits are:

Apples, clementines, cranberries, passion fruit, pears, pineapple, pomegranate, satsumas, tangerines

Recipe: Beetroot & Goats Cheese Salad [\[back to top\]](#)

This is a lovely salad which you could have warm, or have cold for lunch the next day.

Prep: 10 minutes

Cook: Approx 1 hour

Serves 4

- About 800g small beetroots
- 2 garlic cloves, finely chopped
- Decent sprig of thyme
- Good teaspoon of coconut oil
- 6-8 handfuls of watercress
- 300g crumbly goats cheese
- 100g redcurrants

For the Dressing:

- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- Salt & pepper
- Chopped fresh herbs - chives, thyme and parsley

Method

1. Scrub the beetroot well, but leave them whole, then place on a large piece of foil. Scatter with the garlic, the leaves from the thyme, if you're using it, the coconut oil and some salt and pepper. Scrunch up the foil to make a baggy but tightly sealed parcel, place it on a baking tray and put it in an oven preheated to 200°C.
 2. Roast until tender - about an hour, though it could take longer. The beetroot are cooked when a knife slips easily into the flesh. Leave to cool, then top and tail them and remove the skin. Cut into wedges and place in a large bowl.
 3. Whisk together all the dressing ingredients. Arrange the salad leaves on serving plates and trickle on a little of the dressing. Roughly crumble the cheese over the beetroot, add the remaining dressing and toss together loosely with your hands. Arrange on top of the leaves, scatter over the redcurrants and serve.
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Until next time, enjoy staying healthy!

Best wishes,

Heather



FitBiz Training | info@fitbiztraining.co.uk
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