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August 2014 Newsletter

What if soy milk is just normal milk introducing itself in Spanish...?

This month we've got:

- Some News
- Carbohydrate - Why it's Not The Devil
- A Juice Recipe
- What I'm Cooking: Pea, Broad Bean & Beetroot Salad

Please feel free to send this on to your friends and family - if they'd like to receive the newsletter directly, please point them to [the website](#).



News From Fitbiz Training

- Forgive me that this months newsletter has been pre-written in anticipation of our baby being due any day! I will be sure to let you all know when she makes her appearance, and thank you so much to so many of you who sent a congratulations email after July's newsletter.
- Phew. One of my clients, Gavin, deserves a special mention here. The nutcase volunteered to do 10 burpees per goal scored in the World Cup - he ended up doing just over 1700 burpees! Gavin definitely deserves bragging rights for this, and I think this principal is a genius idea for anyone struggling to stick to their workouts - associate what you need to do with what you like doing and it becomes much easier.
- If you haven't ventured on a pick-you-own trip yet; get one in your diary. Its a lovely way to top up on your vitamin D, as well as picking some fresh tasty fruit and veg. I picked some strawberries the other day from Avalon in Churt, and had inhaled almost the entire punnet before I got home! Juicy, sweet, half the price of the supermarket (and probably healthier) and considerably better than

munching through ice lollies!

Carbohydrates Are Not The Devil!

Many people I meet and work with seem keen to avoid anything with carbohydrate - rice, potatoes, any sort of grain; as well as pasta and bread.

While I don't think we need to avoid these things (well, maybe the pasta and bread), I don't think they should be a huge part of our diets either - many people are surprised that cutting out the bread with their lunchtime soup or the potatoes from their evening meal doesn't leave them feeling hungry later on. Totally the opposite in fact - I had one client a couple of years ago who was eating a few slices of toast and washing it down with a hot chocolate for breakfast every morning then was starving hungry before 11am. She was amazed to find that replacing her breakfast with a couple of boiled eggs and drinking some sort of herbal tea left her feeling perfectly satisfied until lunch. Of course, there was a blood sugar thing going on there too, but the point is that filling yourself up with carbohydrates isn't necessarily the way to stay full - its all about fuelling your body correctly. If you're full of nutrients, you can't go far wrong.

Certain people will do better with a low carbohydrate approach to eating and it all depends on how sensitive you are. This depends on several things, but there is also an aspect of how you expect your body to react which is involved. Personally, I found that when I stopped demonising wheat, it didn't have half as much effect on my digestion as I thought it had - it's still not something I would eat every day, but I certainly don't need to avoid it like the plague.

Some people will find that anything carbohydrate based will bloat them a lot and make them feel really quite tired; and in which case, they are best to eat their carbohydrate-richer meal after a workout, since we are more able to digest carbohydrates then.

Others will find they feel a bit bloated or tired after carbohydrates, in which case they should have a few carbohydrates after a workout and a few in the morning for breakfast - when our bodies are more sensitive to insulin, and so the insulin raising effect of the carbohydrates are less of an issue.

Some people don't have any problem at all with carbohydrates, which is great - but these people should take care not to stuff themselves with carbohydrates all the time, just because they feel ok on it, it doesn't mean it's the optimum fuel. First thing and post-workout are still going to be the best times to have carbohydrates for these people, assuming they are trying to lose weight and get in shape.

Do you need help sorting out your nutrition? [Get in touch](#) and we can get you sorted.

Seasonal Fruit & Veg

Vegetables around in August:

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, fennel, French beans, garlic, lettuce & salad leaves, mangetout, onions, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips, watercress

And Fruits:

Apricots, bilberries, blueberries, cherries, gooseberries, greengages, kiwi fruit, melons, peaches, strawberries

Juice Of The Month

Vegetable juices with a bit of fruit in them for sweetness are the ultimate way to increase your veg, vitamin and mineral intake. If your digestion isn't as great as it could be, juices will be a really good way to get nutrients in. These aren't to be used instead of anything, they're just a way to increase how many vitamins you're eating, plus they feel like a nice, sweet treat.

Spinach, Strawberries, Blueberries, Apple

Juice an apple, a decent handful of spinach, a handful of blueberries and about 7-8 strawberries. Yummy.

I put 3 teaspoons of fish oil into my juices to increase the health benefits even further. The fish oil I use is flavoured with orange oil so your juices won't start tasting fishy. I whole heartedly recommend [Aliment's Fish Oil](#).

I also recommend [this juicer](#).

What I'm Cooking: Pea & Broad Bean Salad With Beetroot & Mozzarella

I received fresh peas in my veg box last week - every year I forget how yummy they are! I managed to save a few to put in this recipe, which was pretty good. This would make a nice starter if you have people for dinner, or a quick tasty lunch.

Serves: 4

Prep: 15 mins

Cook: 45 minutes

Ingredients

- 4 Small Raw Beetroot
- 2 Shallots
- 2 tbsp Oil (extra virgin / rapeseed)
- Good handful Broad Beans - shelled
- Good handful fresh Peas - shelled
- Good handful Mangetout, thinly sliced
- 2 Balls Mozzarella, torn
- Few basil leaves

Dressing

- Good glug Olive Oil
- Glug White Wine Vinegar
- 1/2 tsp Dijon Mustard
- 1 tsp Honey
- Pinch Salt
- Squeeze Lemon Juice

Method

1) Wrap your beetroots and shallots unpeeled in tin foil with a little oil. Bake in the oven at 200C for about 45 minutes, until soft, then cool, peel and chop

2) Whisk the dressing ingredients together until smooth, then set aside

3) Blanch the broad beans in boiling water for a minute or two, then drain and add to a large frying pan with the peas and mangetout. Let the veg soften for a couple of minutes, then add the dressing and stir

4) Assemble to broad beans, peas and mangetouts in a serving bowl, then scatter over the mozzarella, shallots and beetroot.

5) Serve with the basil leaves on top, and perhaps with a little rocket too.

Until next time, enjoy staying healthy!

Best wishes,

Heather



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