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July 2014 Newsletter

Why did the tomato blush?

Because it saw the salad dressing!

This month we've got:

- Some News
- Diabetes - Apparently 750 People A Day Are Diagnosed!
- A Juice Recipe
- What I'm Cooking: Beef Shin Chili

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

- I've been itching to tell you all for a long while that I'm pregnant! Our little pink bundle is due in the next month - and of course I'll be sure to keep you all updated.
- The online 1-2-1 which has been running for the last few months will be continuing to run - although there will be a couple of weeks where I won't be taking on any new clients. If you've been thinking about working with me online, **I've decided to extend the 20% discount for those of you signing up to do July and August** - this may well be the last discount I offer on this as online personal training is proving so popular; so if you're keen; [get in touch](#) now!
- In other news! Its Pick Your Own season again. I got very into it last year and have been off picking strawberries again this year; if you've never done it, you really should - its a great chance to top up on a few rays and to take a bit of time out to de-stress; not to mention that most fruit and veg isn't far off half the price you'd pay if it was picked for you!

Diabetes Epidemic

While driving this afternoon, I heard on the news that 750 people a day are diagnosed with diabetes. 750 a day!! It's estimated too that a third of the population have "borderline" diabetes - they are pre-diabetic. I find this terrifying, and sad.

I've worked with several clients who have been diagnosed as pre-diabetic, and without exception, they have managed to pull themselves back from the brink, with simple changes to their diet.

I think its important to remember though that some people are "destined" to get diabetes through a genetic connection - its not just a "disease for the fat and greedy" as it seems to come across through the press. I read a quote once which I've always remembered - "genes might load the gun, but the environment pulls the trigger" - meaning that if you do have a genetic predisposition to anything, if you invest effort in angling your food and lifestyle correctly beforehand, you can definitely reduce your chances of getting whatever you're predisposed to in a pretty big way.

Its a shame that diabetes is simply "linked to weight" - suggesting that losing weight is all that's needed. While it's undoubtedly true that getting leaner and healthier will reduce your chances of becoming diabetic, and help you manage it better if you do, I think we have to be very careful about pointing people towards the traditional weight loss methods, especially that of low fat food which is crammed full of either sugar or artificial sweeteners

If we eat real, natural food, we will become healthier and reduce our chances of becoming diabetic. If you do become diabetic, you'll need to be stricter on how well you stick to the rules, and you'll benefit from some extra "tricks" too - but overall, following a good quality healthy diet will make the diabetes much easier to manage.

I wrote an article a little while back about diabetes and included some practical steps you can take to better manage it. If you'd like to read it, [let me know](#) and I'll send it to you.

Seasonal Fruit & Veg

Vegetables around in July:

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, French beans, garlic, salad leaves, mangetout, onions, pak choi, peas, peppers, radishes, rocket, runner beans, spinach, spring onions, sweetcorn, tomatoes, turnips, watercress

And Fruits:

Apricots, bilberries, blueberries, cherries, gooseberries, greengages, kiwi fruits, loganberries, melons, nectarines, peaches, raspberries, redcurrants, 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.

Beetroot, Apple & Ginger

Juice a couple of small apples, a small raw beetroot (no need to peel) and a good thumb size piece of root ginger.

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: Beef Shin Chili

This is in Jamie's "Save With Jamie" cookbook; there are loads of really tasty recipes in there - I made this one over the weekend and its really pretty yummy. I tweaked it a little, as I do, and I think you could tweak it further depending on what veg you have kicking around!

Serves: 4

Prep: 15 mins

Cook: 5 hours

Ingredients

- 2 Onions, chopped
- 2 Cloves Garlic, chopped
- 1 Chilli, sliced
- Coconut Oil
- 1 teaspoon Ground Cumin, Cinnamon, Smoked Paprika
- 2 Bay Leaves
- 1 Tin Tomatoes
- 1 Red Pepper, chopped
- 2 Carrots, chopped

- 3 Tomatoes, chopped
- 500g Beef Shin
- Sweet Potatoes - to serve

Method

1) Pop the onions, garlic and chilli in a large saucepan with the coconut oil and let them fry together for a few minutes until soft

2) Add the spices and mix together

3) Add the tin of tomatoes along with about half a tins worth of water, then pop in the beef (no need to cut it up especially, it'll fall apart when its cooked) and the rest of the veg

4) Throw it in the oven for about 5 hours

5) Bake a few sweet potatoes to serve along with the chilli - and off you go!

Until next time, enjoy staying healthy!

Best wishes,



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