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June 2014 Newsletter

What's orange and sounds like a parrot?

A carrot!

This month we've got:

- Some News
- My Thoughts On The New NHS Weight Loss Groups
- A Juice Recipe
- What I'm Cooking: Fennel Chicken

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

- The 20% discount for Online Personal Training over June, July and August is still around until end of the month. If you're fed up of putting effort in and not getting the results you want, or if you're just not sure where to start, Online Personal Training could be a great option for you. [Get in touch](#) for more information.
- I received a lovely email from a lady a couple of weeks ago sharing her story and telling me about a few things she's managed to use from reading my newsletters. It makes me happy to know least one of you reads my ramblings and is making use of them. Please do [get in touch](#) if you have something to say, I love a chat, and knowing what troubles you're facing helps me write the best articles to help you get past them.

New NHS Weight Loss Groups

Did you hear the fabulous news last week that the NHS will be investing lots of money into helping overweight and obese people get the help they need to lose weight?

How wonderful - we desperately need to make good advice more accessible to people. So many people just have no idea how to start, and making decent advice widely available is a brilliant way to help people.

What I do think though, is that its a shame the mainstream weight loss companies will be hosting the programs - Weight Watchers, Rosemary Conley and Slimming World.

Despite knowing their methods are more than a little out-dated and so not the most effective way to lose weight, improve health or feel more energetic overall (in fact, I believe their long term success rate is around 2%), its not so much that I dislike these companies - anything which gets people thinking about eating well and looking after themselves has to be a good thing - but these companies have become less and less about directing people to improving their food and more and more about directing people to their low fat, processed junk-food-sold-as-health-food products. A green light from the NHS is surely only going to serve to increase profits of these companies, and have very little benefit to the health of the nation.

Of course the accountability factor is important; but is it right to be holding people accountable to poor information - like it being fine to eat whatever processed, sugary junk you like as long as its labelled "low fat"?

Not only this, but when it comes to nutrition, one size most certainly does not fit all. I understand the thinking behind your group leader going through the journey with you, but the people who run the individual weight loss groups have at best a minimal training in nutrition - what if you need more personalised advice?

Surely most people of the people who are going to be referred will have tried a diet more than once, and it has failed them for one reason or another. Why will an NHS prescribed one-size-fits-all diet work any better?

Wouldn't it be better to use some of the health and nutrition resources currently available both in and out of the NHS to allow people personalised help when they need it?

Seasonal Fruit & Veg

Vegetables around in June:

Asparagus, broad beans, broccoli, carrots, fennel, jersey royal new potatoes, lettuce, salad leaves, peas, radishes, rocket, spinach, spring onions, watercress, wild nettles

And Fruits:

Kiwi fruit, rhubarb, 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.

Apple, Pepper, Beetroot & Lemon

Juice a couple of small apples, a small red or yellow pepper, a small raw beetroot (no need to peel) and about 1/4 lemon (take the skin off but leave as much of the white pith as you can).

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: Fennel Chicken

I received a fennel in my veg box this week. I wasn't quite sure what to do with it, so I asked my mother for a recipe, and this is what I made with it... Very nice I must say.

Serves: 2

Prep: 10 mins

Cook: 45 mins

Ingredients

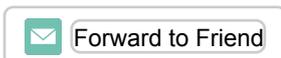
- 1 Onion, cut into 8 segments
- 1 decent size Fennel bulb, cut into 8 segments
- 2 rashers smoky bacon
- 4 Chicken Thighs
- 2 Cloves Garlic
- Salt and Pepper
- Olive Oil
- Chicken Stock

Method

- 1) Chop up the garlic, add a decent amount of salt and pepper and a good glug of olive oil, then rub it over the chicken skin
- 2) Pop the chicken skin side up in a baking dish, then surround it with the fennel and onion
- 3) Cut the bacon into centimetre-long chunks and pop that on top of the veg
- 4) Pour over some chicken stock - enough to come just under half way up the veg
- 5) Put the dish in the oven for about 45 minutes, until the chicken is cooked and the veg is soft. Serve as-is or with a few greens on the side.

Until next time, enjoy staying healthy!

Best wishes,



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