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May 2014 Newsletter

Why was the mushroom invited to the party?

Because he's a fun-guy!

This month we've got:

- Some News
- Waiting Until You're Fitter
- A Juice Recipe
- What I'm Cooking: Chard Soup (it's yummy, really!)

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 new Online Personal Training page of the website is now live - I'd love it if you had a look and told me what you thought. The feedback to the program so far has been very positive which is great news and shows the online option is a fantastic alternative to face-to-face 1-2-1. If you'd like to discuss how online training might work for you, lets have a chat, [let's have a chat](#).

I'll Make A Proper Start When I'm A Bit Fitter

I spoke to a lovely lady the other day who was interested in working with me on a 1-2-1 basis; she told me she hadn't done any exercise for as long as she could remember and that she felt rather embarrassed

about the state she'd let her self get into. She said she just didn't know where to start, and asked if I could give her some pointers to help her get fit enough to work with me.

I explained to this lady that there was no fitness requirement to working with me; and I immediately thought about what a huge thing it was for her to call me at all.

I've spoken to many people over the years, more as a casual chat than anything else, where they have told me they would love to start exercising, or join a certain class at the gym or work with a trainer, but that they are going to spend some time getting their fitness up before making the call.

Most of these people have gone on to pound the pavements in the hope that jogging will make them feel good enough about themselves to "put themselves on show" and finally pluck up the courage to pick up the phone and ask for some help.

Sadly, what happens time and time again is one of three things. Either, you get injured (running is really high impact, and is not really the best thing to do if you're just starting out), you get bored out of your brains because of the repetitiveness of each workout, or you simply don't get any thinner or fitter.

With any of these outcomes, the end result is that you decide you are just beyond help. Your motivation drains away, you decide exercise is just plain boring, you chalk yourself up as a failure and try to forget about getting fit... Until the urge strikes again, and the cycle re-starts.

My point is, you're not alone. You're not the only person who does this. Its ok to feel out of place, or a bit of a fraud for getting involved with anything active if you haven't for a while. Its ok to feel shy and not want to put your fitness on show in a class, and its totally acceptable to not have a clue where to start.

But you're never beyond help. And there is always something you can do which won't injure or bore you but will get you some brilliant results - and the best bit; when you're doing the right stuff, it actually becomes fun to get up in the morning and work towards your target.

Don't make your life harder than it needs to be. Take action, pick up the phone - make the first move and start exploring whether the right help might just help you hit that target which at the moment, seems a million miles away.

Seasonal Fruit & Veg

Vegetables around in May:

Asparagus, broccoli, jersey royal new potatoes, lettuce & salad leaves, new

potatoes, purple sprouting broccoli, radishes, rocket, samphire, spinach, spring onions, watercress, wild nettles

And Fruits:

Bananas, kiwi fruit, rhubarb

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.

Carrot, Celery, Apple & Spinach

Juice a couple of carrots, a couple of celery sticks, a decent sized apple and a good handful of spinach. You could add 1/4 lemon here too if you fancy - 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: Chard soup

Many of you will know how I feel about chard. Yuck. Such a shame its so good for us!! A huge bunch of the nasty stuff arrived in my veg box last week; I decided to whizz it up into a soup and fell upon an amazing recipe which even the die-hard chard hater will enjoy.

Serves: 4

Prep: 15 mins

Cook: 45 mins

Ingredients

- Knob Butter
- 1 Onion
- 1 Large Carrot
- 2 Medium Potatoes
- Generous Bunch Chard
- 2 Pints Chicken Stock, homemade if possible
- Tin Haricot Beans
- Bunch Basil
- Small Handful Pine Nuts
- Juice of 1 Lemon
- 2 Cloves Garlic

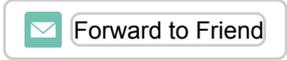
Method

- 1) Fry your chopped onion in the butter for a few minutes until soft, then add the sliced carrot and chopped, peeled potatoes and sweat for 5-10 minutes.
- 2) Add the chopped chard, then pour the stock over - I like to just cover the veg.
- 3) Bring to the boil and simmer for a good half hour until the veg is all soft, then whizz up with your handheld blender until smooth.
- 4) Tip in the tin of rinsed haricot beans.
- 5) In your blender, whizz up the basil, pine nuts, garlic and lemon until it has a pesto-like consistency, then add this to the soup.
- 6) Allow everything time to warm through, then serve.

Until next time, enjoy staying healthy!

Best wishes,

Heather



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