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September 2014 Newsletter

Why don't eggs tell jokes? Because they'd crack each other up!

This month we've got:

- Some News
- Why Over Doing Exercise Isn't Better
- A Juice Recipe
- What I'm Cooking: Prawns With Leaves & Limes

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'm delighted to announce that our daughter, Clementine, was born on August 1st. She's of course beautiful and perfect, and I'm more than happy to bore you with photos if you'd like to see some!
- Now we're all settled, I've re-opened the Online Training for new clients. If you want to get in shape and take control of your food and exercise habits, [let's chat](#) about how Online Training might work for you.

Why You Don't Want To Overdo Exercise

The last four weeks I haven't done much (any) exercise. I restarted this week doing some exercise that

really can't be described as a workout; I've had to hold myself back and take my own advice about not over doing it, and its made me think about why we always want to do more.

Of course, the reason we all want to do more is because we think more is better - if we train harder, we'll get results quicker.

If you haven't exercised for as long as you can remember, jumping in at the deep end and forcing yourself through a hard workout is going to result in two things - firstly, you'll hate every second of it and finish feeling unfit and generally rubbish about yourself, and secondly, the next day you won't be able to move, you'll hate that feeling and you won't do another workout; or possibly you'd actually injure yourself.

Imagine how much more likely you are to stick with your new exercise regime if you start with a workout which is in line with your current fitness levels (even if that's just walking slowly round the block). No, the workout probably won't be as effective as a harder one would, but surely its best to do something less effective more often and to progress from there, rather than to push yourself to the limit once, then get put off and not try again.

Think about this next time you want to throw yourself in at the deep end. Long term exercise with steady progression is better in every single way than beating yourself through infrequent workouts which are simply too much for you.

There's no shame in starting where you are; do something a little challenging but manageable and you'll find it so much easier to stick with - you'll see your fitness levels increase, you'll be more committed to your goals and the results you'll get will be way better than they've ever been when you've overdone things.

Totally lose and not sure where to start? [Get in touch](#) and we can get you sorted.

Seasonal Fruit & Veg

Vegetables around in September:

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, fennel, French beans, garlic, leeks, mangetout, marrow, onions, pak choi, peas, peppers, potatoes, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips, watercress, wild mushrooms

And Fruits:

Apples, apricots, blackberries, blueberries, cherries, damsons, figs, grapes, greengages, melons, nectarines, peaches, plums, 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.

Cucumber & Melon

Juice half a cucumber with a decent slice of melon (I like gala melons, but use your favourite). This one is really refreshing - cooling and sweet. You could add a handful of mint leaves to freshen it up further if you fancied.

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: Prawns with Leaves & Limes

I made this the other day when some (what I thought was) pak choi arrived in my veg box. It turned out to be chard, but it worked in this recipe none the less. You must make this - quick, easy, healthy, and really yummy! It's from Nigel Slater's Tender cookbook.

Serves: 2

Prep: 10 mins

Cook: 15 minutes

Ingredients

- 1 tablespoon coconut oil
- 1 lemongrass stalk, outer layer removed and the centre finely sliced
- 2 cloves garlic, finely sliced
- Thumb size piece of ginger, cut into matchsticks
- 1 red chilli (to taste), finely sliced
- 1 pack raw peeled king prawns

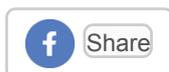
- Juice of one large lime
- 2 tablespoons fish sauce
- 2 heads pak choi (or chard!) sliced
- Rice, to serve

Method

1. Pop your rice on to cook
2. When the rice has 5 minutes to go, heat your oil in a frying pan
3. When hot, stir fry the lemongrass, garlic, ginger and chilli for a minute or two to soften
4. Throw the prawns in and let them start to cook for a second before adding the lime juice, fish sauce and pak choi
5. Give it a stir, then let it all simmer together for 3-4 minutes until the leaves are soft and the prawns are cooked
6. Serve with rice

Until next time, enjoy staying healthy!

Best wishes,

A handwritten signature in red ink that reads "Heather". The signature is written in a cursive style and is positioned above a red flourish that extends to the left and then curves back towards the right.

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