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November 2010 Newsletter

Welcome to November's edition of the monthly newsletter from Fitbiz Training. This month, we're talking about what you should use as your cooking oil, and a recipe with a yummy pumpkin.

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Coconut Oil for Cooking](#)
- [Seasonal Foods](#)
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And as ever, please feel free to forward this to family or friends, or alternatively point them in the direction of the sign-up box [on the website](#) - remember they'll get a free copy of my article Myths of Fat Loss when they subscribe!



News from Fitbiz Training [\[back to top\]](#)

- In mid-January, we'll be launching **30:30** - one evening a week, we'll be holding an hours session at the Georgian House Hotel in Haslemere, 30 minutes of the session will be a simple but fat-torching workout for you to use for the week ahead, and the other 30 minutes will be discussing a lifestyle or nutrition factor. We'll discuss something new each week, each factor will give you extra power in your quest to lose body fat, and you'll get handouts too to build a file of knowledge. If you'd like me to remind you when we're booking the course up, [Let me know](#).
- There are TWO spaces remaining on the 28 Day Challenge Competition - if you want to drop a clothes size before Christmas, [get in touch](#)., and if you lose the most inches, I'll send you for dinner and a stay at Lythe Hill in Haslemere.
- Suzanne Hugo is running a **yoga class in Beacon Hill** on a Monday evening (7.15pm to 8.45pm) and she's kindly offered readers of this newsletter a free trial session - contact Suzanne on 01428 606225 or 07815 527534, or email her at suzannehugo@btinternet.com

Lifestyle Tip: Cook in Coconut Oil [\[back to top\]](#)

Last month I wrote about why butter is not the problem to our health we are lead to believe and it generated quite a response! This month, I'm going to tell you all about coconut oil and why its the best oil to cook in.

Coconut oil is a saturated fat, and it can stand temperatures much higher than non-saturated fats ♦ meaning it will remain in a form our bodies can digest. Saturated fat is the best kind of fat to cook in for this reason, butter is another good choice, but coconut oil has various health benefits in its favour.

These health benefits range from promoting heart health, to supporting your immune system and boosting your metabolism, but perhaps best of from a fat-loss perspective, coconut oil encourages absorption of vitamin D, which stops our bodies craving starchy, sugary carbohydrates. Your body mainly makes vitamin D from sunlight; and have you noticed how you don't ♦ crave sugar so much in the summer?

Give it a try ♦ and I ♦d love to know how you get on.

Seasonal Foods [\[back to top\]](#)

Vegetables around in November are:

Artichoke, beetroot, butternut squash, celeriac, chillies, Jerusalem artichoke, kale, leeks, parsnips, pumpkin, swede, turnips, watercress

And November's fruits are:

Apples, cranberries, pears

Recipe: Stuffed Pumpkin [\[back to top\]](#)

I made this last weekend in a moment of inspiration - it was really good!

Prep: 20 minutes

Cook: Approx 1 hour 15 minutes

Serves 4

- 1 medium size pumpkin
- 1 onion
- 2 cloves garlic
- 1 inch root ginger
- 1 chilli (or however much you like)
- Handful cherry tomatoes
- 2 chicken breasts
- Half a glass of water, or white wine if you want to be naughty!

Method

1. Chop your onion, garlic, ginger and chilli and fry in coconut oil until soft
 2. Cube your chicken breasts and add to the pan
 3. Halve the tomatoes and add along with the water / wine
 4. While it's cooking, chop the top off your pumpkin and remove the seeds (you can wash these and roast them, they're yummy). Put the pumpkin on a baking tray
 5. Pour the chicken into the pumpkin and put the lid back on
 6. Put it in the oven and let it cook for about an hour and a quarter until the pumpkin is soft
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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