

Follow Us :   



Heather Smith
07967 995416

heather@fitbiztraining.co.uk

April 2013 Newsletter

Snow, in April! Hope you all had an Easter egg or three to cheer yourselves up in the cold!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Guest Post About Overcoming Your Blocks](#)
- [Seasonal Foods](#)
- [Recipe: Fragrant Chicken Hot Pot](#)

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

- I was asked to provide a few tips on losing stomach fat for this issue of **Life in Haslemere magazine**. You can see the magazine online [on their website](#).
- As well as keeping you all up to date on my Easter egg munching over the last week; I've started using google plus. Please become my friend, I'm lonely! [Google Plus](#).
- Victoria, the client I mentioned who is an advanced hypnotherapy practitioner is extending her offer of a discount to readers of this newsletter. The offer is ♦25 per session for your first 4 sessions with her. If you have ever wondered how hypnotherapy and counselling can help you achieve your health goals, then have a read of her [blog post](#). Victoria uses hypnotherapy, counselling and psychotherapeutic techniques to not only ensure that you make your goals a reality, but that the journey is one that you can enjoy and be proud of. She's a qualified therapist and Member of the National Council of Hypnotherapy, based in Midhurst.

Lifestyle Tip: Removing Blocks To Success [\[back to top\]](#)

This is a guest post by Nikki Gresham of [NG Therapy](#). Nikki is offering readers of this newsletter ♦10 off their first treatment with her.

We all have blocks to moving forward. We set goals, we want to be successful, we want to be slim, to be more sociable or more organised. We've all been there. It looks good, we know exactly what we want (if we dare to dream) and more often than not we can come up with a plan of how to achieve our goals. Then, we make a start and it can be a challenge but we always knew that it was going to take determination, so we carry on. We're being the change that we want to see and it feels good... until we hit a stumbling block.

The Block: It may show up as a reason not to push forward with the goal, or more unconsciously as lack of confidence or desire to achieve the goal. Sometimes it will be a fear of failure and a belief that says ♦I'm never going to be able to do this♦. Sometimes there are consequences to our goal that we didn't foresee such as "I'm not ready to lose this weight and show up and be seen!♦ Then the lack of motivation sets in and even self sabotage because the cream cake just looks so good or the business card just doesn't say what you want it to, or the timing just isn't right.

However it shows up, we will all face 'The Block', we have to, it's inevitable because if the block to achieving our desired outcome wasn't there, we'd already be in that desired outcome. So when you reach your block, meet it, and greet it and thank it for showing up, for it means that you are closer to your goal and ultimately, the block is only protecting you. Blocks arise out of the emotion of fear and fear is only there as a warning signal, information to keep us safe and protect us. The problem is that we often have these fears handed down to us or we learn them as children, sometimes adults but the programmes are usually set up

before we turn 7! So maybe when faced, the fear, although it has gained legs, is not actually helpful or relevant and is just keeping us from who we don't quite dare to be.. Ourselves. We are supposed to be wonderful, successful, shiny, happy, loved.. that is our natural state of being. It's only conditioning, and our own doubt and fear that get in the way.

So in facing your blocks and facing your fear, you get to decide whether you want the fear to still be relevant for you now, in this moment in your adult life today. You get to decide whether you want to be in charge or whether the feelings are in charge. The task is to bring the fear to your conscious awareness and learn that we don't have to be our feelings! Emotions are just chemicals and hormones showing up to give us information. With awareness of emotion and its corresponding thought, there is choice. Acknowledging that at present we are choosing to 'do' fear (which may present as avoidance), means that we can also choose to think and therefore feel differently!

How Can You Overcome Your Blocks/ Fear? 1. First you need to face and move toward the block/ the fear and understand its language.. Are you afraid to drop that dress size and show up in the world? What will it mean if you do? How will you see yourself? How will others see you? Are you afraid of failure? What are you afraid of / what will be your challenges if you were to achieve your goal? 2. Then you need to challenge that awareness and understanding and know that every time it shows up you can make good decisions for your highest and best good. That you can with awareness be in 'choosing success'. Making affirmative statements while moving towards your goal. 3. Fears can be collapsed, even if they were created in our first 6 years or before with techniques such as EFT (The Emotional Freedom Technique). 4. Challenge or change your beliefs about yourself and your goal. Wouldn't it be more helpful to believe that 'I already am a size x', 'I am successful', 'Change is easy for me', 'I am worthy and deserving of the best that life and love have to offer'. You can try repeating these statements whilst doing cross crawls as this will put you in a whole brain state, out of your emotional centre and may just write a new belief. Psych-K is a process that helps to re-write beliefs into your sub-conscious. 5. When in fear or stress response we operate out of survival mode, our limbic brain system. It is hard/ near impossible 'without awareness' to make good choices (other than survival choices) for ourselves when fully in our limbic brain because we need to operate out of our frontal cortex to access will power. I will write more about this next time and maybe record you a meditation to strengthen access to the frontal cortex and therefore will power? Focused meditation, staying with the breath has been shown to increase will power, strengthen the frontal cortex and our capacity to make good choices for ourselves, away from a place of fear.

Wishing you light along your pathway, Nikki Gresham C. Psychol.

Nikki has given me a guided meditation for strengthening your willpower. If you'd like to try it, [email me](#) and I will send it to you to try. If you've never tried meditating, give it a try.

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

Vegetables around in April are:

Broccoli, cauliflower, kale, leeks, purple sprouting broccoli, spinach, spring onions, watercress, wild nettles

And April's fruits are:

Bananas, kiwi fruit, passion fruit, rhubarb

Juice Of The Month [\[back to top\]](#)

Since I am a huge fan of juicing these days, I thought it would be a nice idea to add in a juice idea to the newsletter. I love vegetable juices with a little bit of fruit in them for sweetness. 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.

Parsnip, Apple, Pineapple & Spinach

Yeah yeah, parsnip juice simply cannot possibly taste good. Try this juice... I'm addicted!

Juice a small parsnip (whole, no need to peel), an apple, an inch of pineapple (peeled) and a decent handful of spinach.

I'd thoroughly recommend [this juicer](#).

Recipe: Fragrant Chicken Hot Pot [\[back to top\]](#)

I'll admit that I haven't made this yet - it's on the menu for tomorrow night, but it sounds yummy! Its from the Waitrose Kitchen magazine.

Prep: 5 minutes

Cook: 25 minutes

Serves: 3-4

- 6 chicken thigh fillets, cut into chunks
- 2 garlic cloves, chopped
- 4 star anise
- 1 red (Thai) chilli, sliced
- 400 ml chicken stock
- 1 tbsp fish sauce
- 2-3 heads pak choi, shredded, with the leaves and stalks separate
- 1 bunch spring onions, sliced lengthways

Method

1. Fry your chicken in some coconut oil for about 10 minutes, until golden
2. Add the garlic, star anise and most of the chilli. Fry for 2 minutes until fragrant
3. Add the stock and fish sauce, cover and simmer for 10 minutes.
4. Add the pak choi stalks and the spring onions to the pan, cover again and simmer for another 2 minutes before adding the pak choi leaves
5. Serve with brown rice

Until next time, enjoy staying healthy!

Best wishes,

Heather



FitBiz Training | info@fitbiztraining.co.uk
website designed by [zuuMedia](#)