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## August 2011 Newsletter

In this months newsletter we've got a recipe for green Thai chicken curry, and a few thoughts on the regulation of the fitness industry.

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Why Can't We All Agree?](#)
- [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!



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

- We're planning on launching an **online version of Fat Busters** over the next few days. There have been quite a lot of people interested in [Fat Busters](#) but who have been unable to attend the Wednesday evening sessions for various reasons, and those I have spoken to more recently have been keen on being able to attend the group in their own time. If you'd like to be amongst the first to know when this program is ready for subscribers, [let me know!](#)
- A little later than planned, the **free Fat Loss Workshop** will take place towards the end of September. Watch this space for the date and venue!
- Finally, what would your interest be in a **one day workshop** during which you would learn from me a complete plan to take you from where you are at the moment to where you would like to be - from the exact way to get your mind into the zone to get started, to what you do after you've eaten clean and followed a decent training plan for a few weeks and have hit a plateau. I'll teach you exactly how to structure your complete plan so you have all the skills you need to take yourself wherever you want to go, whenever you want to go there. I'd really appreciate [your thoughts](#).

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### Lifestyle Tip: Why Can't We All Agree? [\[back to top\]](#)

I had a conversation with a client this week about how everyone in the fitness industry has a different opinion over even the smallest things; and its been buzzing around my mind ever since. My client said "the trouble with 'you lot' is you can't ever seem to work together and come up with one truth, everyone thinks everyone else is an idiot - its no wonder it takes people such an effort to get started training or eating more healthily, they just don't know who's advice to listen to!". I really couldn't agree more.

Where people feel passionate about something, they will of course stick up for themselves - but amongst the many subtle differences in approaches, there are also loads of similarities. Trainers who get outstanding results for their clients all use similar approaches; the overall route is pretty much the same, its just the way its delivered to the client which differs.

From a clients perspective, you need to know that although trainer A is bound to differ slightly from trainer B, whoever you choose will safely get you to where you want to go. The only decision you should need to make is which trainer you will get on with better. Instead, you're left wondering whether trainer A really knows what she's doing, and whether trainer B has ever been on a training course in his life.

Unfortunately until a proper governing body for the fitness industry arrives on the scene, I can't see how things will change - but hopefully we are working on it.

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

*Vegetables around in August are:*

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, fennel, french beans, garlic, lettuces, mangetout, onions, peas, radishes, rocket, runner beans, watercress

*And August's fruits are:*

Apricots, bilberries, blackberries, blueberries, gooseberries, greengages, kiwi fruit, melons, peaches, raspberries, redcurrants, strawberries, tomatoes

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## Recipe: Green Thai Chicken Curry [\[back to top\]](#)

This is probably my favourite "having people round for dinner" dinner - its pretty quick and easy to make, and it tastes fab. Forget about the coconut milk; its not unhealthy by any stretch of the imagination, there are tonnes of health benefits in coconut.

**Prep:** 15 minutes

**Cook:** approx 30 minutes

*Serves 4*

- 1 white onion, quartered
- 2 garlic cloves
- 1 inch fresh root ginger, peeled
- 1 red chilli (to taste)
- 1 lemongrass stalk
- 1 teaspoon dried coriander
- 1 handful fresh coriander
- Rind & juice of 1 lime
- Coconut oil
- 700g chicken breasts, diced
- 2 tomatoes, peeled
- 1 tin coconut milk
- 1 tin coconut cream
- 2 tbsp Thai fish sauce (Bart)
- Rice
- 3 heads Pak choi

### **Method**

1. Whizz up the onion, garlic, ginger, chilli, lemon grass, corianders and lime to a chunky paste
  2. Fry in a little coconut oil over a high heat for a couple of minutes
  3. Add the chicken and stir well to ensure it is well covered with the curry paste. Cook for 5 minutes
  4. Pour in the coconut milk and cream, followed by the peeled and chopped tomatoes and fish sauce
  5. Cover and leave to gently heat for half an hour or so, or until the chicken is cooked
  6. Serve with rice and pak choi
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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