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July 2013 Newsletter

August 2013 Newsletter

A man was drowned eating his muesli the other day. He was pulled in by a strong currant...

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

- Top of my list of "New Favourite Things" at the moment is Pick Your Own. Have you been yet? I have had strawberries and blueberries from Avalon in Churt, and peas, broad beans (yuck), more strawberries and raspberries from Secretts in Godalming. Really yummy and fresh, quite fun on a nice day, SO much cheaper than supermarket buying (I picked half a kilo of blueberries yesterday for about £3), and there's loads in my freezer to use later in the year too.
- The school holidays and the summer holiday season are upon us, and that means a lot of my clients jetting off to somewhere warmer for a few weeks. For those of you who have just returned or haven't been away just yet, now is a really good time to get in touch with me and either **get your bikini body project started**, or **recover from the holiday indulgences** since I have some empty slots in my diary. Where would you like to be with your body, your health and your fitness in a months time?



Lifestyle Tip: Is It Just About The Weight? [\[back to top\]](#)

Victoria, the hypnotherapist I have mentioned before and who I know quite a few of you are seeing great successes with has put together this article. I'm all for what Victoria is talking about here - as I often say when I'm talking about goal setting, in order to keep yourself on track, ask yourself honestly why you want to lose weight and look good; you might be surprised at the answer. The answer which makes you feel a bit uncomfortable is usually the one which will keep you on track when the going gets tough. All too often as a therapist, people come to me having achieved their target weight a number of times through programmes like Weight Watchers but then put the weight back on over time. Part of the problem is failing to tackle the underlying issue – it is never food. Food is just food, it is inanimate, how we eat, when we eat, what we eat and so on is often more of the problem, our overall relationship with food.

Almost all of the time, people pretty much know what they should be eating, I have yet to work with someone who has mistakenly eaten a diet of chocolate and cakes believing it to be good for them! Certain questions need to be asked before anyone embarks on any kind of weight loss, though, including talking through why they have the behaviours that they do.

The first question that you can ask yourself though is how are you eating? We eat with our eyes so how attractive can you make a healthy dinner look? How do you present your food to yourself? Are you making sure that you believe that you are worth making that extra effort for? Do you get excited about food, looking for new recipes or new foods to try, or are you stuck in some unhealthy eating routines?

The second important question is asking when you eat. Do you have meals or pick throughout the day when you get hungry? Do you sit down and really enjoy your meal? Do you eat later on in the evening when your digestion is ready to be tucked in for the night? Eating a larger lunch and then a smaller dinner can make all the difference.

The final and seemingly obvious question is what do you eat? Keeping a food diary, even for a day or two can be a really helpful exercise, do it for a week and you might be able to see a pattern.

The underlying psychological issues that need to be addressed are largely twofold: organisation and planning; and self esteem. In order to effect a lifestyle change some organisation and planning is required, but first and foremost, the most important question of all to ask yourself is, Do I believe that I am worth spending some time on to achieve my goal? Is weight loss really the aim? Or is it to feel better about yourself or to achieve greater self confidence? Would you prefer to achieve a more toned shape? Or achieve a healthier lifestyle? Remember that weight is like age, numbers that are almost meaningless except in a Doctor's surgery. As a result, my advice is to put away the scales and have a good long think about what you want to specifically achieve, and then rethink your relationship with food. That alone is one step in the right direction to become the you that you want to be.....

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

Vegetables around in August are:

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, fennel, french beans, garlic, lettuce & salad leaves, mangetout, new potatoes, onions, pak choi, peas, peppers, radishes, rocket, runner beans, spinach, spring onions, sweetcorn, tomatoes, turnips, watercress

And August's fruits are:

Apricots, bilberries, blueberries, cherries, gooseberries, greengages, kiwi fruit, loganberries, melons, nectarines, peaches, raspberries, redcurrants, strawberries

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

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.

Asparagus, Apple, Pineapple & Spinach

Juice 3 or 4 stalks of asparagus (I use the woody ends which I snap off before cooking the spears), one apple, about 1/2" pineapple and a handful of spinach

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. If you'd like me to point you towards the one I use, [ask](#).

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

Recipe: Chicken Koftas [\[back to top\]](#)

These make a nice BBQ lunch or light dinner. Its an adapted recipe from a Waitrose recipe card I picked up.

Prep: 10 minutes

Cook: 15 minutes

Serves: 2

- 4 big or 5-6 small chicken thighs
- 2cm peeled root ginger
- 2 cloves peeled garlic
- 1 red chilli (seeds or no seeds, as you prefer)
- 2 tsp garam masala

Method

1. Pop all the ingredients into a food processor and give them a whizz until you have a nice paste
 2. Form the mixture into about 10 small-ish ovals around each skewer
 3. Pop them on the barbeque for about 10 minutes until they're cooked
 4. Serve with a tomato salad
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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