

Follow Us :   



Heather Smith
07967 995416
heather@fitbiztraining.co.uk

December 2012 Newsletter

Welcome to December's newsletter. I'm still in shock it's Christmas only next week! And yes, post-wedding, my name has changed to Heather Smith - it's a little confusing I must agree!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Play By The Rules, Even If They're The Wrong Rule](#)
- [Seasonal Foods](#)
- [Recipe: Thai Fish Parcel](#)

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

- The article Myths & Truths of Fat Loss was printed in this months edition of Round & About Magazine and is now available to download on the website. Have a look [here](#).
- I also wrote a guest post on someone elses newsletter about why we don't need to shelf our health and fat loss goals until January. This is also available on the site. Download it [here](#).
- Finally, I had quite a lot of emails after I sent last months newsletter out asking me to send photos of my wedding to you. My I.T. skills don't seem to be good enough to put a wedding photo in the newsletter, but I'm more than happy to bore you with some photos if you ask :-)

Lifestyle Tip: Playing By The Rules, Even If They're The Wrong Rules [\[back to top\]](#)

I've had a lot of conversations about Christmas this week - all about how to stick on track over Christmas without completely blowing all the hard work you've done to get to where you are now.

My view on Christmas is that, since it only happens once a year, stuff the healthy eating and just eat whatever you want for a few days. It'll mostly fall off as soon as you're back to eating normally again anyway.

This said, a lot of people (myself included) find that once they've allowed themselves to jump off the wagon, they can't seem to catch up with it to get back on board very easily. For this reason, I've been suggesting to my 1-2-1 clients that we come up with a proper set of rules for the Christmas period.

This isn't about my clients denying themselves, its about them sticking to a set of rules (even if they're not the healthiest rules) so your health isn't forgotten about completely. The idea is that you come up with your plans before the event rather than being out of control and eating (and drinking) everything in sight. Make it easy for yourself to succeed, and keep your rules in mind all day, then you'll finish Christmas feeling like you've stuck to the rules - even though your probably haven't eaten all that healthily - and you'll find it much easier to get back on track afterwards. Incidentally, this approach also works for holidays, meals out etc etc.

One of my clients has kindly allowed me to share her plan so you can get a better idea:

Christmas Eve - family arrive, I'm cooking dinner so I can make something healthy for us to eat, but we always have a glass of champagne on Christmas Eve, and I don't want to be the boring one not joining in, so I'm going to have the one glass. I'll make a pudding too, but I'll make something in individual dishes so I can't go back for seconds.

Christmas Day - I want to just have whatever I fancy here - but in the interests of staying inside a set of rules I'll say: one glass of champagne with a healthy breakfast, four little canapés nibbles between breakfast and lunch, and no more than 10 quality streets. With lunch I'll have two glasses of wine, two roast potatoes, only 3 sausages in bacon, and I'll make an effort to pile extra veggies on my plate. I'm going to encourage everyone to join me for a walk at some point on Christmas day too. In the evening, I'll stick to one shot of Baileys and another two or three chocolates.

The plan goes on, but I just wanted to show you an idea of what someone else has written. This lady won't mind me saying that she probably would have eaten and drunk a lot more than this had she not written this plan, but somehow writing things down beforehand puts things into perspective, and she has decided before the event that four boozy drinks on Christmas day is plenty.

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

Vegetables around in December are:

Beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, leeks, parsnips, shallots, swede, turnips, wild mushrooms

And December's fruits are:

Apples, clementines, cranberries, passion fruit, pears, pineapple, pomegranate, quince, satsumas, tangerines

Recipe: Thai Fish Parcels [\[back to top\]](#)

The lovely ladies who come to the group I run in Churt kindly bought me a couple of recipe books as a wedding present. This recipe is in one of the books - it's called Leon, by Allegra McEvedy.

Prep: 10 minutes

Cook: 15 minutes

Serves: 2

- 2 decent sized bits of tin foil (big enough for the fish to be wrapped up in)
- 2 fillets of firm white fish (we had cod)
- 1 tsp turmeric
- 1 chilli, finely chopped
- 1 clove garlic, finely chopped
- 50g creamed coconut
- Zest of 2 limes
- 10g root ginger, peeled
- Small handful chopped coriander
- 4 lime leaves
- 2 spring onions - one finely chopped, the other sliced diagonally
- 1 tablespoon toasted sesame oil
- Salt (preferably Himalayan crystal salt)

Method

1. Grate your ginger into a bowl, then add the coconut, turmeric, chilli, garlic, lime zest, coriander, lime leaves and the finely chopped spring onion. Add a decent amount of salt and smooch the whole lot together into a paste
2. Pop a bit of coconut oil and salt onto the tin foil, then lay your fish skin side down on the foil
3. Put the paste on top of the fish, followed by a drizzle of sesame oil and the other spring onion
4. Fold the tin foil around the fish, then pop on a baking tray and into an oven at 220 degrees C for 15 minutes
5. Serve with a red pepper, carrot, green bean and cashew nut stir fry. Yum!

Until next time, enjoy staying healthy!

Best wishes,

Heather



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