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December 2013 Newsletter

What do you call a chicken in a shellsuit? An egg.

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

- I'm in the process of having a new website designed; I thought it was time for a refresh! Its looking pretty good at the minute, so watch this space, hopefully it'll be live before too long
- Its been a little while since I last put an article up on the website, so I'm going to find some time next week to write a couple of pieces. What would you like me to write about? What would help you? If you let me know, I'll probably write it for you. [Tell me here.](#)

I wish all of you a very Merry Christmas - I can't believe this is the last newsletter of 2013!

Lifestyle Tip: I'm Starting Again In January [\[back to top\]](#)

Almost every person I know has one way or another over the last couple of weeks, and while I can see the logic, I'm not sure I agree.

Most of us have now got over the shock of the nights closing in, and are bored of that winter feeling - cold, tired, unmotivated and craving junky food to keep going. We've got to that point where its now time to stop spending the evening on the sofa in front of Corrie (how exciting was the wedding last night!) with a packet of M&Ms, and get back into the swing of eating better and training. But Christmas is round the corner, there are parties coming up, and the week of Christmas will be a nightmare, so we decide there's no point starting now.

We tell ourselves we can bottle the feeling we've got at the moment of wanting to get back into training and eating better. I know I've certainly convinced myself of this more than once or twice - and of course it never works! After Christmas, you've got a stack of chocolate boxes looking at you, you feel lethargic because you've eaten rubbish for a couple of weeks, and you've probably got a cold coming. Getting on the training and eating well wagon does not sound fun!

Although we probably *could* control ourselves and not drink at the Christmas parties we've been invited to, and we probably *could* avoid the chocolates over Christmas - the fact is that we *don't really want to!* That's fine (I certainly don't intend to avoid anything at Christmas) - you've made your decision, you want to be able to enjoy all the parties and all the food around - but why deliberately make no effort at the times you could easily control? Why tell yourself there's no point eating well at the meals you can control because you're going to that party on Saturday and it'll all go wrong anyway?

My view is that we *might as well* control the bits we can control. We *might as well* minimise the damage. Perhaps there's not so much time for a workout because you need to go shopping, so do a shorter workout; perhaps you've having 5 meals out next week - but that's 5 meals out of 21. If you ate well for 16 meals of the week and fitted in 3 little 15 minute workouts too, you'd not only feel better for it, but you'd probably even get some alright fat loss results, and because you're not denying yourself the chance to enjoy the festive food and drink, you won't feel deprived either.

Worth a try?

Do you need some help in working out exactly how to design healthy meals? I can explain the key points of eating well to you and help you put it all in practice in the right way for you and your life.

[Get in touch](#) and we can get you clear on the right way to eat before Christmas.

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

Vegetables around in December are:

Beetroot, brussels sprouts, butternut squash, cauliflower, celeriac, celery, chicory, Jerusalem artichoke, kale, leeks, parsnips, potatoes, pumpkin, salsify, shallots, swede, turnips, wild mushrooms

And December's fruits are:

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

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.

Kale, Grape, Cucumber & Apple

Juice a SMALL handful (roughly cupped palm full) of kale, a handful of grapes, about 3 inches of cucumber and an apple.

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. I whole heartedly recommend, [Aliment's Fish Oil](#).

I also recommend [this juicer](#).

What I'm Cooking: Beetroot & Beef Burgers [\[back to top\]](#)

You must make these. Nice dinner with a bit of salad, or lunch...

Prep: 20 minutes

Cook: 35 minutes

Serves: 4

- 50g Bulgur Wheat
- 1 Onion
- 2 Cloves Garlic
- 500g Raw Beef Mince
- Thyme Leaves
- Coconut Oil

Method

1. Pour some water over the bulgar wheat and boil for about 15 minutes to cook then set aside to cool slightly
2. Grate the onion and beetroot then give them a gentle squeeze to get rid of any excess water then put in a bowl
3. Crush the garlic into the onion and beetroot mixture, then add the thyme, mince and bulgar wheat and stir really well , you might want to get your hands in there too.
4. Form the mixture into about 12 small balls
5. Heat the coconut oil in a big frying pan (I used a paella dish!)
6. Put the balls into the hot pan, and leave on the hob for 5-10 minutes until you think they are a bit crunchy on the bottom. If you are brave enough, turn them over and let them do the same on the other side , I have never braved this though, I do not think they,d hold together
7. Put the pan in the oven and give them about half an hour to cook through. Remember the meat may still look pink,

- because the beetroot will colour it slightly!#
8. Serve with a nice big salad
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Until next time, enjoy staying healthy!

Best wishes,



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