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February 2011 Newsletter

What a beautiful sunny day! In February's newsletter we've got a little rant from me about the "Whole Package" as well as one of my favourite comfort food recipes for a banana omelette.

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Why the Whole Package is so important](#)
- [Seasonal Foods](#)
- [Recipe: Banana Omelette](#)

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 **30:30 course** is going brilliantly - I've had some super feedback, the attendees are learning loads about nutrition, lifestyle and goal setting, as well as enjoying short workouts which they can easily fit into their lives. We're hoping to run another 30:30, with different topics and different workouts, at Easter. [Get in touch](#) if you'd like to be the first to know when registration is open.
- We're also planning a **"How to Spot Reduce" seminar or course** for early March. Again, if you're keen to come and learn how to spot reduce fat from your "problem areas", [get in touch](#) and I'll let you know when the dates have been decided.
- The Transformation Challenge got off to a slightly delayed start, but the results are fantastic not even two weeks in! The ladies in the lead have **lost eleven inches between them!**

Lifestyle Tip: Why the "Whole Package" is so Important! [\[back to top\]](#)

People often comment how surprised they are that I offer such a "complete" program to my clients. We encompass lifestyle and nutrition as well as the training side you'd expect from a personal training company - we're totally focussed on the whole person approach because, to be honest, I just can't see how we could get the results we do without focusing on our clients as individuals and fitting their programs around their lives.

Trainers have always been employed just to give you an exercise session, and at first glance, perhaps that's what a trainers role really is... But how can your trainer design you a totally personalised program if they don't know all about your lifestyle? It might not be realistic to ask you to fit in two hour long sessions each week, or perhaps you're stressed up to your eyeballs for one reason or another, and giving you a super-tough workout will at best be ineffective and at worst totally counterproductive. A shorter, slower workout will bring your stress levels down to a more manageable level before they hike up again when you go back to your day-to-day life.

There are so many "minor details" surrounding the best things to do for your fitness and health, but in my mind, these don't need to be taken into account until much later down the line - the big picture needs to be dealt with first. If we know our clients well, we can design a much more effective workout for them.

You can never out train a poor lifestyle, or a poor diet. Your training can be perfect, and you can eat perfectly too, but if your lifestyle isn't under control, the results you get will be very limited. So how can we make the best suggestions for our client without truly knowing the lifestyle of the person we're working with? How else would we get the outstanding results we do?

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

Vegetables around in February are:

Brussels sprouts, cauliflower, celeriac, jerusalem artichoke, kale, leeks, parsnips, rhubarb, shallots, swede

And February's fruits are:

Bananas, blood oranges, kiwi fruit, lemons, oranges, passion fruit, pears, pineapple, pomegranate

Recipe: Banana Omelette [\[back to top\]](#)

This is one of my favourite things in the world - real comfort food which is actually pretty good for you too. It's usually met with the face you're probably pulling while reading this - a sort of "eugh, are you joking?" expression. Give it a try - chances are you'll love it! It makes a great breakfast or snack.

Prep: 5 minutes

Cook: approx 10 minutes

Serves 1

- 1 banana
- 2 eggs
- Cinnamon to taste
- Coconut oil for cooking in
- Berries (fresh or defrosted)
- Full fat Greek yoghurt

Method

1. Crack the eggs into a blender and whizz them up with the banana and as much cinnamon as you fancy
 2. Heat up the coconut oil in a frying pan then pour in the egg and banana mixture
 3. Cook over a low heat until it's essentially cooked through, then flip it over and finish off the top
 4. While its cooking, mix your berries and yoghurt together
 5. Pop the omelette onto a plate, top with your yoghurt and berries and enjoy!
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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