

Follow Us :   



Heather Gillam
07967 995416

heather@fitbiztraining.co.uk

January 2011 Newsletter

Happy New Year! I hope you've all had a lovely Christmas and are raring to go with all your fat loss, health and fitness goals of 2011! In this first issue of the year we've got a lifestyle tip about setting goals, and a recipe for bean and kale soup/stew.

- [News from Fitbiz Training](#)
- [Lifestyle Tip: How to Set Goals which will hang around after January!](#)
- [Seasonal Foods](#)
- [Recipe: Bean & Kale Soup/Stew](#)

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

- [Easy Fat Loss](#) is launched! This more basic version of the 28 Day Challenge still guarantees you'll drop a clothes size in a month, but rather than being the full coaching service, it's a simple individualised program.
- There is **ONE** space available on the Transformation Challenge program. The program will be starting the week of the **17th January**. The Transformation Challenge is a **1-2-1 program** which guarantees you'll drop a clothes size in a month - and whoever loses the most inches in the month will be treated to a **meal out and overnight stay** at the Lythe Hill Hotel in Haslemere. This space will be snapped up quickly - if you're keen, [send me an email right now!](#)
- There are only **TWO spaces left on the 30:30 program** - if you'd like to come along to the first group of it's type in Haslemere where you'll learn how to get a great fat-blasting workout done in half an hour, as well as many lifestyle and nutrition tips to melt that fat away - [book your space now!](#)

Lifestyle Tip: Set and Get Your Goals! [\[back to top\]](#)

So - have you uttered the same words you said this time last year yet? That this IS the year that you ARE going to get in shape?

If you're like most people, before January's out, winter depression has sunk in, and you're reaching for the chocolate again before you know it.

I'm going to share a very powerful technique with you which will make sure your goals really do become a reality this year. I've been using these techniques with my clients for years; they're tried and tested strategies for effectively setting goals and achieving them - faster than you ever thought possible.

- Firstly, you need to know exactly what it is that you want to achieve, and when you want to achieve it by - then write it down! An example might be "I want to lose 3 inches from my stomach by my birthday in March " - by being specific you've immediately hung your target, so you know exactly where you're aiming for. An example of a goal which isn't specific enough might be "I'm going to lose weight this year".
- Once you know what you want, you need to know why you want it... Good questions to ask yourself are "so what?" "why do I need this?" and "what happens if I don't do this?". Dig deep to answer these questions, and write your answers down. The more honest you can be, the less you're likely to cheat on your goals. Sticking with the example above, you might write "because I want to walk into a room and for people to think "wow, how does she look so great!".

This article appeared in the January 2011 issue of ETC Magazine, and you can [download the rest of it here](#).

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

Vegetables around in January are:

Beetroot, sprouts, cauliflower, celeriac, celery, chicory, horseradish, jerusalem artichokes, kale, leeks, parsnips, shallots, swede, turnips

And January's fruits are:

Apples, clementines, lemons, oranges, passion fruit, pears, pineapple, pomegranate, satsumas, tangerines

Recipe: Bean & Kale Soup/Stew [\[back to top\]](#)

As the proud owner of a copy of Nigel Slater's "Tender" cookbook (which I can't recommend highly enough), I thought I'd share a recipe from it; its a lovely warming lunch or dinner.

Prep: 20 minutes

Cook: Approx 1 hour 30 mins

Serves 4

- 1 tin of cannellini beans
- 2 bay leaves
- Coconut oil
- 150g pancetta
- 2 large onions
- 2 carrots
- 2 large garlic cloves, chopped
- 400g tomatoes, chopped
- 1 litre water or vegetable stock
- Small butternut squash or pumpkin
- Handful flat leaf parsley, roughly chopped
- Rind-end of parmesan
- Meaty ham bone
- 2 large handfuls kale, cut into wedges

Method

1. Fry the pancetta with the onions with a little coconut oil and fry until soft
 2. Cut the carrots into large dice and add to the onions and pancetta along with the garlic. Let everything soften without colouring.
 3. Add the tomatoes and allow them to "melt" into the other veg before adding the water / stock and the roughly chopped squash / pumpkin
 4. Add the parmesan rind-end and ham bone then bring to the boil.
 5. Reduce the heat so the soup/stew simmers gently then cover with a half-on lid (to allow some steam to escape) and leave for an hour and a half until the soup/stew is thick, rich and heavy.
 6. Add the beans to the pot along with the parsley and kale, cook for another 10-15 minutes then serve.
-

Until next time, enjoy staying healthy!

Best wishes,

Heather



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