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January 2013 Newsletter

Happy New Year! Welcome to the first newsletter of 2013. My January detox has started, I've climbed the walls looking for sugar a few times, but I'm winning, although I am still confused about being Heather Smith, not Gillam any longer!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Chocolate Amnesty!](#)
- [Seasonal Foods](#)
- [Recipe: Sweet and Sour Veggies](#)

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 know the thing most people struggle with is sticking to their plan - the **mindset and determination** is so important when there are so many social do's and TV adverts etc pulling you off track. I'd like to run a **workshop** to discuss how to keep your determination when the chocolates are banging on the fridge door for you to eat them, and how to handle social do's etc in a way that means you won't even think about cheating on your rules. It'll be a couple of hours (hopefully) at Lythe Hill in early March. Good idea? Send me a note to let me know if you're interested [here](#).
- One of my clients has qualified as an advanced hypnotherapy practitioner and has offered a discount to readers of this newsletter of £25 a session for up to 4 sessions. This seems a great deal to me! If you're looking to change aspects of your life in 2013, then don't try and reinvent the wheel by yourself, drop Victoria a line at eyethatopens@hotmail.co.uk and see if she can help get you where you want to be. She is particularly interested in working with people who are looking to reduce stress, anxiety and increase confidence or combat low self esteem and will use an integrative approach using hypnotherapy, counselling and psychotherapeutic methods to get you where you want to be.

Lifestyle Tip: Chocolate Amnesty [\[back to top\]](#)

How difficult is it to start eating well in January when the house is still full of naughty choccies, mince pies and cakes! Its so much easier to get on track if you have no distractions from the fridge. So, here's an idea... A chocolate amnesty!

You know you don't really want to eat the chocolate you've got left, you know you've had enough of eating poorly, but it just kind of calls you and you can't stop thinking about it until you've eaten it... Right?!

Bundle all your naughty treats together, and trot them to Sue at the Haslewey Community Centre next to Tesco's where they would love to use them in their February raffle.

You'll have done something nice for someone else, and you'll have got rid of temptation. Its win-win!

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

Vegetables around in January are:

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

And January's fruits are:

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

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

Since I am a huge fan of juicing these days, I thought it would be a nice idea to add in a juice idea to the newsletter. I love vegetable juices with a little bit of fruit in them for sweetness. 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.

Orange, carrot & ginger

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

Recipe: Sweet & Sour Veggies [\[back to top\]](#)

This is another recipe from [Leon, by Allegra McEvedy](#) which is a lovely book. The recipe suggests you serve this with grilled mackerel, but we didn't like that, so had it with some roast chicken when we made it the second time!

Prep: 15 minutes

Cook: 25 minutes

Serves: 3-4

- 500g carrots
- 2 red and 2 yellow peppers
- 1 bulb of garlic
- 1 decent size red onion
- Decent bit of olive oil
- A few thyme sprigs
- 4 bay leaves
- 300ml white wine vinegar (although I only had about 100ml left in my bottle and it seemed fine with only that much)
- 2 tablespoons honey
- Handful chopped parsley

Method

1. Cut your carrots and peppers into batons. Cut the garlic bulb in half - NOT through the root. Slice the red onion into half rings
 2. Pop them in a large lidded frying pan with the olive oil, thyme and bay leaves. Put a lid on and sweat over a high-ish heat for 15 minutes
 3. Add the vinegar and honey and cook without the lid on for another 10 minutes or so, until the veg is soft
 4. Stir in the parsley, then serve with your roast chicken, or steak, or fish - etc etc - and a celeriac or parsnip mash.
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Until next time, enjoy staying healthy!

Best wishes,

Heather





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