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January 2014 Newsletter

Have you heard the one about the rhubarb who robbed a shop? He got taken into custody.

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Happy New Year again! I hope you're staying dry and attached to the floor in this lovely British weather! 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](#)

- Usually when I send these newsletters and other emails, I receive quite a lot of replies from you (which I love receiving!). I was really surprised that only ONE of you (out of the 1000 people who receive my emails) did the workout I sent you before Christmas! You must have all been enjoying your Christmas indulgences! I hope you enjoyed the break and you're ready to roll now we're back to normal. If you're struggling to get going again, the piece I've written below will hopefully help you.
- 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 update the page. What would you like me to write about? What would help you? If you let me know, I'll probably write it for you

Lifestyle Tip: Paralysis By Analysis [back to top](#)

Do you often find you're stopping yourself doing something because everything isn't perfect?

Maybe you think about all the elements involved in that something and end up talking yourself out of it before you've started because it feels like such a huge task with too many aspects to consider?

A lot of clients I meet say they just don't know where to start with getting in shape. Sometimes its because they've read so much conflicting advice they just don't know what to believe, and sometimes its because they're trying to think about too much all at once.

Even going to the supermarket becomes terrifying if you think about the whole process - let me exaggerate a bit here to make my point.

Firstly, I have to write a list of everything I need and that might involve looking through all of my cupboards and I just don't have time to do that. Then I have to drive to the supermarket, and what if the road is closed and I don't know another way round? Then I need to park the car, and hunt around a massive "warehouse" for the things on my list - how will I find them? What if I don't find them all?

Actually, we know pretty much what it is we need from the shop, so writing a list isn't actually that complicated, and most likely the road won't be closed, and the supermarket is pretty well organised so there's usually not a problem with finding what you need. Not such a big task when you keep it in perspective?

Sometimes we can over-plan. There's nothing wrong with being organised, but if you find yourself over-planning or over-thinking to the point you're never quite ready to take action, then perhaps its time to try throwing yourself in at the deep end.

What would happen if you started before you're ready? There's no way to get ready quicker than having already started! Think of all the times you have to learn about something as you go - sometimes you just can't prepare yourself, but you manage ok in the

end.

If you've decided that "this is the year" you're going to get fit / lose weight / whatever - I challenge you to make a start TODAY. Don't spend the next few months getting sorted.

Nothing slows you down more than insisting everything is perfect before you take the first step.

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

Vegetables around in January are:

Beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, leeks, parsnips, potatoes, salsify, 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 [\[back to top\]](#)

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.

Pear, Fennel & Lime

Juice one ripe pear, just shy of half a fennel bulb and a peeled lime (when you peel your lime, try to leave as much of the white pith as you can)

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: Thai Beef Salad with Roasted Peanuts & Chilli Dressing [\[back to top\]](#)

My mum bought me Lorraine Pascale's cook book at Christmas, and there are some yummy sounding recipes in there. I made this salad the other night and it is very tasty.

Prep: 10 minutes

Cook: 8 minutes

Serves: 4

- 1 tbsp Coconut Oil
- 4 X 2cm thick Rump / Sirloin Steaks
- 1 Head Romaine Lettuce
- Large handful each fresh Coriander, Mint and Basil
- 50g Salted, Roasted Peanuts
- 1 Hot Red Chilli
- 2cm Fresh Ginger
- 1 Garlic Clove
- 2 Large Limes
- 2 tbsp Olive Oil
- 1 tbsp Fish Sauce
- Glug of Honey

Method

1. Heat the coconut oil in a frying pan. Season the steaks generously then add to the hot oil. Cook for 3-4 minutes on each side, depending on how well you like them cooked. Put them aside to rest.
2. Halve and deseed the chilli, peel the ginger and garlic, then finely chop them all. Put into a small bowl and squeeze the lime juice over. Add the oil, fish sauce and honey, then mix well.
3. Cut the lettuce into about 1cm thick slices and put in a large bowl. Roughly chop the herbs and add to the lettuce.
4. Give the peanuts a smash in the pestle & mortar
5. Pour half the dressing into the lettuce and herb bowl and toss together well. Divide the lettuce and herbs between four plates and sprinkle half the peanuts over the top.
6. Slice the steaks about 1cm thick. Arrange them on top of the salads, sprinkle with the remaining nuts and dressing, then serve.

Until next time, enjoy staying healthy!
Best wishes,

Heather



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