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July 2012 Newsletter

Welcome to July's newsletter. Still it rains!

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

- The first One Day Workshop took place last Wednesday and went down really well. The main comment from most people was how much they enjoyed leaning all the aspects of nutrition, not just the rules, but the reasons why they work and why they are important too. One lady who came said "it was fantastic, just what I needed. I feel inspired and determined, and can't wait to see the changes!" The course will run **twice more**, at Lythe Hill Hotel for **July 12th and July 14th**. The 12th July course has only **one space** remaining, and the 14th July course has **five spaces** remaining. The workshop covers everything you need to know to lose body fat for good - what food you need to eat, what food you need to avoid, lifestyle factors, goal setting, hormone balance and supplementing. We'll also do some of those workouts I'm known for doing - short yet strangely effective! [book your seat here!](#)
- I'm giving a talk about hip fat at the Haslemere Health, Fitness & Beauty Fair on 21st July, at the Haslewey Community Centre. My talk is at 12pm, but the fair is open from 9.30am to 5pm. There will be over 30 other health, fitness and beauty professionals who will all be offering advice and giving free demonstrations, talks and taster sessions; there's also a healthy food and smoothie bar. Come along!

Lifestyle Tip: The Men Who Made Us Fat! [\[back to top\]](#)

If you haven't seen this three-part program yet, look it up on the BBC iPlayer - its really fantastic and definitely worth a watch.

The program gives us an overview of how the US and the UK have ended up mid-obesity epidemic. It also highlights how those who appear to be able to eat whatever they want and stay pretty slim-looking are likely to be carrying huge amounts of body fat on the inside, their organs are drowning in fat, which obviously leads to problems. To me, this is rather an unpleasant thought, and really hammers home that healthy eating and fat loss isn't just about looking good in your clothes, but about our health too. I really don't like the thought of my insides floating around in fat!

I think there's a degree of "its not your fault" which comes through, and while I think we generally have no idea how we're being controlled by the food companies, once you understand what's going on, you've got the power to either do something about it, or not. Its not a given that you are going to be controlled in this way, and I'm not sure that came through enough.

It was also discussed during the program about how the low-fat revolution came to life, how there is little (if any) proof it works to either improve our health or reduce out body fat levels. The sugar board was also discussed, and letters were shown threatening to remove their funding from the World Health Organisation if sugar was blamed for health problems. Interesting stuff.

One thing I think we can all take from this program is that common sense should prevail - low fat products are never going to be better for us or less fattening than something natural. If in doubt, go for something natural, don't worry about whether you're eating enough protein, too much fat, too many greens, not enough seeds etc etc, keep the rules simple and your results will

follow.

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

Vegetables around in July are:

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, fennel, french beans, garlic, kohlrabi, lettuces & salad leaves, mangetout, new potatoes, onions, peas, radishes, rocket, runner beans, spring onions, tomatoes, turnips, watercress

And July's fruits are:

Apricots, bilberries, blueberries, gooseberries, kiwi fruit, loganberries, melons, raspberries, strawberries

Recipe: A Proper Salad [\[back to top\]](#)

When I've quizzed my 1-2-1 clients this week, a lot of them have confessed to not eating many veggies at the moment because they're tempted towards salads instead. I don't see this as a problem at all, as long as your salad has enough in it and isn't just a bowl of lettuce. This is a really simple recipe, but I hope it encourages you to put more bits in your salads. You can have this with anything from marinated chicken and fish to meat, and it's giving you at least 4 portions of veg too :-)

Prep: 10 minutes

Cook: 0minutes

Serves: 2

- 1 bag spinach, rocket, watercress salad bag, preferably organic
- 8 radishes, cubed
- 1 carrot, grated
- 1/2 cucumber, cubed
- 2 avocados, sliced
- 1 red pepper, cubed or sliced
- 1 yellow pepper, cubed or sliced
- 10 small tomatoes, halved
- 2 spring onions, chopped
- 1 bunch asparagus or green beans (or both), chopped into 1" lengths
- 4 tablespoons black olives, sliced
- 1/2 tablespoon each pumpkin and sunflower seeds

Method

1. Nice and easy - just whack the whole lot into a salad bowl, mix and serve with an olive oil and balsamic vinegar or an olive oil and lemon juice dressing.
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Until next time, enjoy staying healthy!

Best wishes,

Heather

