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July 2013 Newsletter

Knock knock who's there? Lettuce...Lettuce who? Lettuce in and we'll tell you!

- [News from Fitbiz Training](#)
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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 [\[back to top\]](#)

- So we're now home from honeymoon and getting back on the "not eating 3 three course meals a day, plus a few snacks" wagon. First week I was STARVING, and ever since then I've got my hunger and my cravings mostly back under control. I'm surprised how much weight one can put on in two weeks (even though we ate like pigs) - and then how quickly you can get that weight back off again. It reminds me of the newsletter I wrote about false fat back in June 2011. Have a look at the [Newsletter Archive](#) if you didn't read it at the time.
- The school holidays and the summer holiday season are just around the corner, and that means a lot of my clients jetting off to somewhere warmer for a few weeks. For those of you not jetting off just yet, now is a really good time to get in touch with me and **get your bikini body project started**, since I'll have some empty slots in my diary. Where would you like to be with your body, your health and your fitness in a months time?
- Victoria has kindly offered a £15 discount on her new skin treatment to all readers of this newsletter. She says "Crystal Clear Microdermabrasion offers total skin rejuvenation and is the ultimate anti-aging programme. This treatment offers an effective solution not just for ageing skin but also for sun-damaged skin, blemishes, pigmentation, blackheads and congested skin. Face Beautique uses an award winning clinically proven skin care range that is results driven". Victoria's treatment costs £50, takes 75 minutes and includes a back, neck and shoulder massage. Call Victoria on 07878159567 to book.

Lifestyle Tip: The Hunger Gene [\[back to top\]](#)

I heard on the radio a few weeks ago that some research had been done into genes and why some people put more weight on than others - the gene has been called the "hunger gene". I love this kind of research - it tells us why some people live to eat while others aren't all that fussed about food; and it tells us why some of us find our jeans getting tighter after sniffing a chocolate digestive; whereas other lucky people seem to be able to eat the whole packet without any effect to their waistline.

This kind of research is really interesting, but we mustn't use it as an excuse - "Oh, I have the hunger gene, I'm going to get fat, so I might as well not worry and just go with it". In fact, it is not a dead-cert that you will put weight on if you have certain genes, it is just that you are more likely to do so.

I read a phrase once which has stuck with me "the genes load the gun, the environment pulls the trigger". It means that if you have a predisposition to putting weight on **and** you scoff chocolate biscuits all day, you will put more weight on than someone who doesn't have the same predisposition. BUT with proper management of your nutrition, (i.e. taking control of your environment), it is possible to stay, or get back, into shape.

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

Vegetables around in July are:

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, fennel, french beans, garlic, lettuce & salad leaves, mangetout, new potatoes, onions, pak choi, peas, peppers, radishes, rocket, runner beans, spinach, spring onions, sweetcorn, tomatoes, turnips, watercress,

And July's fruits are:

Apricots, bilberries, blueberries, cherries, gooseberries, greengages, kiwi fruit, loganberries, melons, nectarines, peaches, raspberries, redcurrants, strawberries

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.

Yellow Pepper, Kiwi, Pineapple & Spinach

Juice 1/2 a yellow pepper, 1 peeled kiwi, about 1/2" pineapple and a handful of spinach

You will be amazed how much juice comes out of a pepper - juice it before you do the other ingredients!

I've started putting 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. If you'd like me to point you towards the one I use, [ask](#).

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

Recipe: Fish & Prawn Curry [\[back to top\]](#)

Cook this curry tonight. It is incredible. I've made it three times in the last ten days! Its from the Waitrose Kitchen magazine.

Prep: 10 minutes

Cook: 15 minutes

Serves: 3-4

- 3 decent size cod fillets
- 1 pack of raw prawns (150g)
- 2 tbsp fish sauce
- 1 tsp turmeric
- 1 white onion, peeled and halved
- 1 red chilli (or to taste)
- 2 cloves garlic, peeled
- 2" piece of peeled ginger
- Handful of coriander - stalks and leaves, both chopped seperately
- 250 - 200g chopped fresh tomatoes

Method

1. Pop your cod and prawns into a bowl with the fish sauce and turmeric. Mix gently and leave to marinade while you do the next couple of steps.
2. Pop your onion, chilli, garlic and ginger in your food processor and whizz to make a chunky curry paste
3. Heat your coconut oil in a deep pan then add your curry paste and some of the chopped coriander stalks. Let it cook for a few minutes, then add your chopped tomatoes and leave to simmer for 5 minute or so, until the tomatoes have made a sauce
4. Gently stir in the cod and the prawns then cover for a few minutes until both are cooked
5. Stir through the chopped coriander leaves then serve with some wholegrain rice

Until next time, enjoy staying healthy!

Best wishes,

Heather



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