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## June 2013 Newsletter

Why do watermelons have fancy weddings? Because they cantaloupe.

- [News from Fitbiz Training](#)
- [Lifestyle Tip: What is it About the Sun?](#)
- [Seasonal Foods](#)
- [Recipe: Coconut Chicken Biryani](#)

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!



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

- As you read this, I'm on holiday and I'll most likely be stuffing my face. I've been very clever and set the newsletter to automatically send while I'm away, hopefully it works! I'm home on June 14th and will reply to your emails when I'm home.
- I've realised that I had a "moment" in February and only sent the newsletter to half of the mailing list! If you'd like to read it but didn't get it, you can see it here: [February 2013 Newsletter](#)
- Are you a fan of the [Fitbiz Training Facebook page](#) yet?

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### Lifestyle Tip: What Is It With The Sun? [\[back to top\]](#)

As we head into another lovely English summer and wondering where the sun is hiding, have you ever wondered why the sun is so important to our health and why we love it so much when it does put in an appearance?

Our bodies are able to make vitamin D from the sun, and from that, they are able to make serotonin which is the "happy hormone" - if we don't have enough serotonin, we tend to crave sugar to perk us up; especially in the mid afternoon. There is less vitamin D around over the winter, which explains why we tend to crave sugar more in the winter than in the summer.

A lack of vitamin D is indicated in every single disease picture - it's pretty important stuff. If you suffer with sugar cravings then its worth having a think about whether you might be lacking in vitamin D. If you drink a lot of coffee, its also worth thinking about since caffeine kills vitamin D.

The right sort of exposure to vitamin D depends on your skin type (how easily you burn) and the strength of the sun. How much time you need in the sun before you put cream on or cover up varies between one minute and one hour, depending on these things.

Vitamin D is fat soluble - so the more body fat you're carrying, then the more vitamin D you'll need. It is stored in our livers and can last for up to 3 months; explaining why we tend to feel a bit fed up around December / January time.

It is worth supplementing with a good quality vitamin D3 supplement between October and March (I can point you towards a good one if you ask) to make sure you keep your levels high. You want to take about 25iu per 1lb bodyweight.

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

*Vegetables around in June are:*

Asparagus, broccoli, carrots, lettuce & salad leaves, peas, radishes, rocket, spinach, spring onions, watercress

*And June's fruits are:*

Kiwi fruit, rhubarb, strawberries

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### **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.

#### **Courgette, Broccoli, Apple & Pineapple**

Juice 1/2 a courgette, about 2" of broccoli stalk (or a decent size floret), an apple and about 1/2" pineapple

This sounds awful, but honestly, it is the nicest juice... Definitely on my top three!

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](#). This is now a link to a supplier with some in stock!

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### **Recipe: Coconut Chicken Biryani** [\[back to top\]](#)

I've made this quick dinner a few times over the last couple of months, its quick and easy, and pretty healthy too.

**Prep:** 10 minutes

**Cook:** 25 minutes

**Serves:** 3-4

- 2 teaspoons coconut oil
- 6 decent size chicken thigh fillets
- 2 tbsp tikka curry paste
- 1 onion, finely chopped
- 200g rice - wholegrain is better, but will obviously increase the cooking time!
- 1 cinnamon stick
- 1 can coconut milk
- 100g peas
- Decent handful or two of spinach

#### **Method**

1. Chop your chicken thighs into chunks, heat the oil in a lidded frying pan then brown for a few minutes
  2. Stir in the curry paste and onion, and cook for another minute or two
  3. Add the rice and the cinnamon stick, followed by 100ml water and the coconut milk. Bring to the boil, then cover and cook for about 15 minutes, stirring occasionally
  4. Stir in the peas and spinach and cook for a few minutes before serving
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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