

Follow Us :   



Heather Smith
07967 995416
heather@fitbiztraining.co.uk

March 2013 Newsletter

What a beautiful sunny day it has been today... Brace yourselves - I think the rain is due back tomorrow!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: I'm No Superhuman](#)
- [Seasonal Foods](#)
- [Recipe: Cassoulet](#)

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 biggest challenge most people seem to face (myself included) is keeping your mind on what you're trying to achieve when the tough times come. I'm good at helping people stay on track, but other people bring new skills, and so I'm meeting a counsellor psychotherapist tomorrow to pick her brains, and to ask her to write a guest post or two for this newsletter. If you have anything in particular you'd like me to ask her to write on, [let me know](#).
- The "diet confessional" I've been keeping on the [Facebook Page](#) seems to be going down well. Those of you who are "fans" of the page, don't be shy - please get involved, and if you're not yet a fan - [click here!](#)

Lifestyle Tip: I'm No Superhuman! [\[back to top\]](#)

I read a post very similar to this last week, and it reminded me of so many conversations I've had during which I've corrected people about their belief that I'm a superhuman who never struggles with eating well or training.

Those of you who have worked with me know that I ask you to eat healthy, unprocessed foods in order to get as healthy as possible, and that I ask you to follow a training program which requires you to commit to doing it to get the results. I think its only fair that I demonstrate that what I ask you to do works, so I "live the dream" myself - I eat pretty well, I rarely drink, I train, and most of the time I feel great and stick to what I've decided to stick to.

But, I am not a super human who lives on broccoli and carrots, never loses motivation, trains all day every day and don't eat cake on my birthday. Anyone who tries to have you believe they do do all this are either disillusioned, or saying it because they think it will impress you.

In an ideal world, where chocolate had the same nutritional value as broccoli, I'd crack through a bar or two every day (there have been times where I've done that with no regard for its nutritional value!). I also rather enjoy a take away, and if an Indian was the ultimate fat-burner, I'd be a happy bunny. Likewise, if simply sitting on the sofa watching Corrie was the workout it took to keep me lean and toned, I'd be the first person signed up.

But, what I do like more than chocolate, curry and Corrie though, is waking up full of energy, looking healthy and being able to open the wardrobe knowing whatever I pick out will fit.

As fantastic as it would be, the truth is that eating chocolate all day in front of the Coronation Street omnibus just isn't going to get me these results, but does that mean I'll never eat these foods? Of course not - I don't expect myself, or any of my clients, to live a life of complete chocolate (or whatever) abstinence, or to never have a glass of wine.

Likewise with exercise, I'm just like you - I have trouble training, I sometimes can't be bothered or have something else I'd prefer to. Its ok to have a couple of weeks like that here and there; its what you do between those times which determine whether you get where you want to be.

What I do believe, is that if you truly want to achieve the body, health and fitness you want, then you have to put the work in, make a few "sacrifices" and stick with it. If what you're doing at the moment is leaving you looking and feeling how you want to, that's great; but if not, then you need to eat and train as necessary to get there, and if that means you need to avoid your guilty pleasures for a month, so be it.

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

Vegetables around in March are:

Cauliflower, celeriac, chicory, jerusalem artichoke, kale, leeks, parsnips, purple sprouting broccoli, salsify, shallots, swedes

And March's fruits are:

Bananas, blood oranges, kiwi fruit, lemons, oranges, passion fruit, pineapple, pomegranate, rhubarb

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.

Kiwi, Pineapple & Yellow Pepper

Use two kiwis, about an inch-wide slice of peeled pineapple and a whole yellow pepper with the stalk removed. You would not believe how yummy this is - really thick and filling!

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

Recipe: Cassoulet [\[back to top\]](#)

This is recipe from the [Leon Cookbook](#), which I seem to share a lot of recipes from!

I have my chicken marinading in the fridge as I type... I just went and turned the chicken over, and it smells delicious

Prep: 15 minutes

Cook: 10-12 minutes

Serves: 2, with beans leftover

- Zest & juice of 1 lemon
- 4 cloves garlic
- 2 tablespoons chopped thyme leaves
- 2 chicken supremes, skin on
- 1 bunch asparagus
- 1 onion, diced
- 400g tin haricot beans
- 2 bay leaves
- About 300ml hot chicken stock
- Olive oil (sometimes you need olive oil rather than coconut oil!)

Method

1. Marinade the chicken for a good 6+ hours in the lemon juice and zest, garlic and thyme
2. Chop the asparagus stalks into 4cm pieces
3. Heat some olive oil in a frying pan and fry the chicken skin side down until its a nice golden brown colour, then take it out and rest it skin side up
4. Fry the onion in the frying pan for a minute or two, then add the chickens marinade and fry for another minute or two

5. Stir in the bay leaves, drained tin of beans and asparagus
 6. Pop into an ovenproof dish, you want the beans to fill it almost to the brim, then press the chicken in, skin side up, so the flesh is the same level as the beans
 7. Pour in the stock to the point you can just see it below the beans. Give the dish a drizzle of olive oil
 8. Bake in the oven at 200 degrees C for about 30 minutes until the edges are bubbling
-

Until next time, enjoy staying healthy!

Best wishes,

Heather



FitBiz Training | info@fitbiztraining.co.uk
website designed by [zuuMedia](#)