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May 2012 Newsletter

Welcome to May's newsletter. Fingers crossed the rain has stopped and we're finally on the way to a nice summer!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: What Men Can Teach Women About Fat Loss!](#)
- [Seasonal Foods](#)
- [Recipe: Vietnamese Cabbage](#)

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

- I'm now looking into dates to run the **One Day Workshop** I mentioned a while ago. I'd like to run it before the summer holidays take off, so at the **end of June or the beginning of July**. If you're keen to come along to this please [let me know](#), and give me an idea of which days work best for you. I'm open to running it both at the **weekend and during the week** if there are enough people interested. The content will be similar to what was covered on the 30:30 course we've just finished and will teach you all you need to know to get you in awesome shape for the summer, even if your holiday is in August!
- The last 30:30 course session took place this morning - thanks to everyone who attended. I'm really pleased to hear you've all learnt lots of valuable stuff, and really excited you've all put the information into action to get some fantastic results! The question of the day for me was "how come we haven't done any sit ups at all, yet most of the weight I've lost has come off my stomach?"
- I'm keen to start a Q&A section on the newsletter so please [send me your questions](#). Its a great way to get some free advice from me, and you'll be helping other people too.

Lifestyle Tip: What Women Can Learn From Men About Fat Loss! [\[back to top\]](#)

This article was printed in the April edition of Round & About Magazine and has received some really great feedback, thanks to everyone who got in touch. Below is the first half of the article, to read the rest, go to the [free articles page](#) of the website.

Despite all the differing opinions on how best to get rid of fat, the bottom line is that there is only one thing which burns it  muscle. The consensus is that we need to make our body burn more fat than it otherwise would; by speeding up our metabolism.

Us ladies naturally store more body fat, and build less muscle than men, and this is because we have much less testosterone in our bodies. Testosterone is key when it comes to fat loss, because without it, we can't  build as much muscle  and therefore can't  burn fat as easily. Ladies shouldn't  be worried about turning into a female Arnie if they lift weights, and I'd go as far as saying that without doing some good resistance training, the chance you  will get the body of your dreams is pretty slim.

Its something I rattle on about all the time, and until every woman who wants to lose weight is doing it, I  will keep on saying that doing resistance training is massively important if we want to burn fat. Because it increases our testosterone levels slightly, resistance training allows us to build some muscle, which in turn encourages our bodies to burn fat, so we become leaner and have the slim, toned and sexy physique we dream of.

When I say resistance training, I  m not talking about sitting at a shoulder press, leg curl or chest press machine  I want you

standing up and doing proper exercises which use your entire body on each repetition, so you get the maximum benefit out of your training time. You might not even need to use weights; there are plenty of bodyweight exercises you can use to get the same effects.

For a **sample workout**, download the rest of this article on [the free articles page](#) of the website.

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

Vegetables around in May are:

Asparagus, broccoli, carrots, lettuces and salad leaves, radishes (great for slim thighs as I learnt the other day!), rhubarb, rocket, samphire, spinach, spring onions, watercress

And May's fruits are:

Bananas, cherries, elderflowers, kiwi fruit, strawberries (already!!)

Recipe: Vietnamese Cabbage [\[back to top\]](#)

Most of you who know me will know that I think cabbage tastes like socks worn for too many days on the trot. This recipe gives the cabbage something else to do other than taste disgusting. We had it with a grilled duck breast and it was pretty good. The recipe is out of Nigel Slater's Tender cookbook.

Prep: 10 minutes

Cook: 10minutes

Serves: 2

- 8 large cabbage / spring green leaves
- 2 large cloves garlic
- Thumb size piece of ginger
- 6 spring onions
- 2 tablespoons groundnut oil
- 1 tablespoon Thai fish sauce

Method

1. Peel the garlic and ginger, finely chop the garlic and cut the ginger into matchstick strips. Trim the spring onions and cut each into two or three pieces
 2. Warm the oil in a shallow pan and fry the garlic, ginger and spring onions until lightly browned and fragrant
 3. Drop the greens (whole or shredded, whatever you prefer) into a pan of boiling water for a minute or so, then drain.
 4. Pour the fish sauce in with the garlic, ginger and spring onions, then toss with the greens and serve
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Until next time, enjoy staying healthy!

Best wishes,

Heather





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