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November 2011 Newsletter

This month I've got a few tips for you on how to get some results before the Christmas parties start, plus a recipe for pumpkin and coconut soup.

- [News from Fitbiz Training](#)
- [Lifestyle Tip: The Parties Are Coming - Get Results Before They Start!](#)
- [Seasonal Foods](#)
- [Recipe: Spicy Pumpkin & Coconut Soup](#)

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

- Would you like to **understand what is causing your love handles, bingo wings or stomach fat** and what to do about them in terms of nutrition, lifestyle and exercise? I've recorded all the information you need so you can **listen to it on your iPod** while you're in the car, in the bath, or in the gym... The recording lasts for over an hour and is £15 on its own, or £40 to include a 30 minute call with me in order to discuss your own individual situation. [Get in touch](#) if you'd like a copy
- With Christmas fast approaching, I'd like to know **what information you'd like from me** to help you minimise any weight gain or maintain your fitness over Christmas, and/or how to get back on track again once Christmas has passed. The more ideas you give me, the more free-to-download articles I'll write for the site, and the more handy you'll find the newsletter content over the next few weeks! [Let me know](#).
- This will interest those of you who are **based towards the South coast** and out of my normal coverage area. On 25th November I'll be presenting the same fat loss talk I did in Haslemere a few weeks ago but in Shoreham-by-Sea. Its at 10am at the Ropetackle Arts Centre. Its a free event again, but I'll be asking everyone who comes to pop a few pounds in a pot by way of a donation to the Ropetackle Centre, which is under threat of closing. If you'd like to book a space, [let me know](#). And for those of you in Haslemere, there's no need to panic - I'm not about to desert you!

Lifestyle Tip: The Parties Are Coming! [\[back to top\]](#)

In January did you look in the mirror and wonder what on earth had happened to your body, feel upset with yourself, and decide you were going to have lost weight in time for the Christmas parties this year?

Now that the Christmas party season is about 3-4 weeks away, have you suddenly realised that something else took priority at the start of the year and over a few months, you've become less and less upset about what had happened to your body and accepted that this is just the way it goes? Are you now wishing you held your focus on how you felt so you could do something about it before the parties start?

The good news is you can still make some pretty decent changes before December. The trick is sticking to the rules. If you can do that, you'll have some great changes.

Here are my top 5 tips to make some changes before Christmas!

- 1) Cut out all the rubbish, 100% for at least two weeks. This means absolutely anything processed or with an ingredients list.

- 2) Get rid of the booze too. Again, only for two weeks, and after that you may have one drink a week. This does require a bit of determination to stick to... But you do want that dress to look fantastic at the party don't you?
- 3) Get better quality sleep. This is always overlooked in a fat loss program but its totally crucial. Get to bed by about 10.30pm five nights a week. Don't watch TV in the hour before bed, instead take time to wind down with a bath or a book.
- 4) Increase your water intake. Bottled water rather than filter or tap. You want at least 1.5 litres a day and if you find the habit hard to start, simply carry round a little bottle with you all day and make it your goal to drink it. After two days, increase the size of the bottle. Stick with this pattern until you're getting through a full 1.5 litre bottle every day.
- 5) Exercise. Three times a week you need to be boosting your metabolism and building a little muscle. Muscle is the only tissue in your body which can burn fat. Ideally you'll be doing some sort of circuit training with full body exercises like press ups, squats, lunges, planks etc, but if you're not sure how to do these then a bit of interval training is good too. You can do intervals in the pool, on a bike, running or walking, its not important which. Just work really really hard for about a minute, then slow right down for a minute. Repeat this cycle 8-10 times. If this is too easy, then reduce the time you move more slowly to 45 seconds or 30 seconds.

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

Vegetables around in February are:

Artichoke, beetroot, butternut squash, celeriac, celery, chicory, horseradish, jerusalem artichoke, kale, leeks, parsnips, pumpkin, shallots, swede, turnips, watercress

And February's fruits are:

Apples, cranberries, elderberries, pears, quince

Recipe: Spicy Pumpkin & Coconut Soup [\[back to top\]](#)

Yummy for lunch or as a light dinner.

Prep: 15 minutes

Cook: 35 minutes

Serves 4

- 4 tablespoons coconut oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 750ml vegetable stock or water
- 425g fresh pumpkin, cubed
- 1 teaspoon curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/4 teaspoon crushed dried chilli flakes
- 250ml coconut milk

Method

1. Heat the coconut oil in a deep pot
2. Add the onion and garlic and fry until the onion is soft
3. Add the stock, pumpkin, curry powder, salt, coriander and chilli flakes
4. Stir then cover and simmer for about 30 minutes
5. Whisk in the coconut milk, and cook for another 5 minutes before whizzing the soup together and serving

Until next time, enjoy staying healthy!

Best wishes,

Heather



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