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## November 2012 Newsletter

Welcome to November's newsletter. The nights are dark, its getting colder, its three weeks until I get married and six weeks until Christmas! Time flies!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Doing "This" For The Rest Of My Life](#)
- [Seasonal Foods](#)
- [Recipe: Roasted Butternut Squash with Ham Hock & Lentils](#)

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

- One of my clients, Victoria, writes a blog. She wrote something this week about stress, where it comes from (it's not always just about feeling stressed-out) and what effect it has on your body. [Have a read here.](#)
- I received an email from someone a couple of weeks ago who took exception to an article I wrote for Round & About Magazine about water (you can download it [here!](#)). Now, I love hearing from people and knowing that they've read what I wrote and taken something from it, I even enjoy a good debate with someone about whether there's a better way or another approach to something; but of course, hearing from someone who just wants to tell you they think you're wrong is never quite as much fun! I just thought this would be a good opportunity to let you all know that I spend huge amounts of time reading, talking and learning from loads of different sources, and nothing I ever suggest you do is just a quick idea I picked out the top of my head - everything is always backed up with knowledge and is tested thoroughly on myself.

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### Lifestyle Tip: Doing "This" For The Rest Of My Life [\[back to top\]](#)

I had a chat with a client last week about what a daunting task it feels to her to have to get up every day and think about what she needs to do to get and keep her body looking how she wants it to. She felt it was a big weight to have to carry around in her mind forever.

This got me thinking about how our mindsets change our perception of things. This sounds really obvious, but we don't always make an effort to put the right thoughts in our mind. A lot of us start a training plan telling ourselves that this is the only way your body is going to look how you want it to, and you absolutely have to stick with the plan for the rest of time, you have to never allow yourself any kind of naughty food ever again, and that will work this time because this time is different somehow. Its a kind of anger we feel towards ourselves.

If we look at it another way, this daunting slog feeling is easy enough to get rid of. This time, we say we're going to stick with this new plan because we feel so much better when we do it, our skin is brighter, we feel more perky when the alarm goes off in the morning, our food cravings go - etc etc, and we build in "life" (the odd treat here and there) so we don't feel guilty for going off track, its just part of the plan; and the side benefit of course being that your body just happens to look super, and those extra couple of inches just melt away. There's much less pressure, and it feels so much more accessible and stick-with-able.

Keeping things small picture is another massive part of keeping the slog feeling at bay. Yes, you know deep in your heart that you've got to drop 7 or 8 inches from your waist to really look how you want to, but that sounds like such a big thing to commit to and such a long way away. Try to break it down and take yourself away from the inch loss goal and into the "I feel better when I do this" category; plan yourself a reward for getting to the end of the day, or the end of the week. Treat yourself to a pudding or a

glass of wine if you make it all day or all week without anything naughty (of course, if you start with the daily treats, do build yourself up to weekly over a little while), even better still if you treat yourself to a new pair of shoes or something non-food related, but again, you can build it up to this over time.

You can have the best training program in the whole world, but if you can't stick to it, then its not worth anything. The only program worth trying out is the one you can stick to. Make it easy for yourself to succeed - don't start in anger so you can beat yourself up when it goes wrong. Before you know it, this will just be the way you eat and the way you look will be a by-product of that... Much like it was when you didn't tend to eat that well.

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

*Vegetables around in November are:*

Artichoke, beetroot, butternut squaash, celeriac, celery, chicory, chillies, horseradish, Jerusalem artichoke, kale, leeks, parsnips, pumpkin, shallots, swede, tomatoes, turnips, watercress, wild mushrooms

*And November's fruits are:*

Apples, cranberries, medlar, passion fruit, pears, pomegranate, quince

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### Recipe: Roasted Butternut Squash with Ham Hock & Lentils [\[back to top\]](#)

I picked this recipe card up in Waitrose months ago and never got round to cooking it. Its amazing and I will be cooking it much more regularly now!

**Prep:** 10 minutes

**Cook:** 45 minutes

**Serves:** 2

- 1 bag of frozen butternut squash (fantastic ingredient!)
- Few chopped rosemary leaves
- 250g lentils
- 1 onion, finely chopped
- 1 tbsp dijon mustard
- Generous splash of cream (you could leave this out if you wanted to be extra good!)
- 180g pulled ham hock pack
- Generous handful chopped parsley

#### Method

1. Pop the squash in the oven with the rosemary in a little coconut oil for about 35 minutes, until cooked
2. Cook your lentils in water for about 20 minutes
3. When the squash is ready, cut it up into bite-sized chunks
4. Fry your onion in a decent sized frying pan with a little coconut oil, and when its soft, add the mustard and cream
5. Add your squash and lentils to the pan with the cream and mustard in then add the ham hock and parsley
6. Let the whole lot cook together for a few minutes, then serve. Delicious!

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Until next time, enjoy staying healthy!

Best wishes,

Heather





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