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October 2011 Newsletter

In this months newsletter we've got all the excuses you need to get outside and enjoy the last of the sunshine, plus a quick and yummy recipe for an impromptu BBQ this evening!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: The Importance of Vitamin D](#)
- [Seasonal Foods](#)
- [Recipe: Salsa](#)

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

- Thank you to everyone who came to the free talk last Thursday, we raised £69 for Help for Heroes. Thank you all also for your kind feedback. I'm really pleased you've all taken some useful information from the talk.
- There are still a last couple of spaces left on the **Advanced Fat Loss Workshop for Busy Women** this Friday - if you'd like to book a seat, get in touch.
- Sorry to keep bringing it up, but its less than 3 months to Christmas now. Do you have it in your mind that you want to get into that gorgeous dress sitting in the back of your wardrobe for this years Christmas party? If so - start moving towards your target now - you've still got time to get some serious results! Fat Busters Live and Online are both still [accepting new members](#).

Lifestyle Tip: The Importance of Vitamin D [\[back to top\]](#)

Everyone seems to be sitting at their desks today looking out the window wishing they could be outside enjoying the last few minutes of sunshine... Vitamin D is crucial for your health; so I thought I'd give you a few reasons you should stop working a few minutes early and head outside!

Vitamin D is key to:

- Insulin sensitivity (leading to less fat stored on your hips)
- Promoting bone growth
- Suppressing certain cells which aid the development of bacteria

A lack of Vitamin D can lead to:

- Depression and SAD
- Raised stress hormones (and stomach fat!)
- Lack of vitamin D is indicated in almost every disease picture

Our livers can store up to 3 months worth of vitamin D, which explains why most of us start to feel a bit fed up shortly after Christmas.

Vitamin D is fat soluble - meaning that the more body fat you are carrying, the more vitamin D you need, since a lot of it will get

absorbed by your fat before your body can put it to use. Magnesium is also crucial for ensuring you absorb enough vitamin D.

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

Vegetables around in October are:

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, fennel, french beans, garlic, leeks, mangetout, marrow, onions, pak choi, peppers, radishes, rocket, runner beans, sweetcorn, watercress

And October's fruits are:

Apples, blackberries, elderberries, figs, grapes, melons, pears, plums, tomatoes

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

Whizz up the BBQ, make some burgers and serve them with this yummy salsa and some salad.

Prep: 10 minutes, plus resting time

Cook: about 1 hour to "infuse"

Serves 4

- 4 big tomatoes
- 1/2 red onion
- 1 chilli (or to taste)
- Bunch coriander
- Juice of 1 lemon
- 1 tbsp olive oil

Method

1. Chop the tomatoes into roughly 1/2" chunks, then finely chop the onion, chilli and coriander too
 2. Mix together in a bowl then add the lemon juice and olive oil before mixing again
 3. Pop in the fridge to let the flavours infuse for an hour or so before serving
 4. Serve with your burgers and some watercress salad
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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