

Follow Us :   



**Heather Gillam**  
**07967 995416**  
**heather@fitbiztraining.co.uk**

## October 2012 Newsletter

Welcome to October's newsletter. It seems Autumn is upon us, the leaves are changing colour, its all very beautiful, and a little reminder the Christmas party season is getting closer!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: How to Make it Through Autumn](#)
- [Seasonal Foods](#)
- [Recipe: Salmon with Lettuce & Peas](#)

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

- Our **Personalised Online 1-2-1** is going well; we have a few people signed up to it now and all are enjoying their first months program. After their full consultation, which works in the same way as the normal face-to-face consultation, each client has been emailed their own personalised workout plan, including instructions and videos, and are enjoying regular email and phone contact to answer all their questions about the workout, their nutrition and their lifestyle. If you'd like to have a chat about having your own program designed for you, [please get in touch](#).
- I had a read through some of the testimonials on the [testimonials page](#) this week for the first time in a while and was really touched to remember all the lovely things previous clients have said. If you've been thinking that now the kids have gone back, you've got a bit of time to make some changes to your health and your figure, have a read through what others have said - you're bound to pick up some inspiration!
- The blackberries are just about perfect at the minute - make sure you go out this weekend and pick some! You can freeze them in small batches too, so you've got some to keep you going during the winter. Delicious!
- Apologies for suggesting you put ice lollies in the chicken dish last month! I'd like to think none of you actually did this!! The program I use to write the newsletter has had an update and become a little more confusing to use. I was very pleased to have so many replies to the newsletter telling me about the mistake, it shows you read it! :-)

---

### Lifestyle Tip: Make It Through Autumn! [\[back to top\]](#)

In the summer, the long days encourage us to get outside for longer - we sit in the garden and have a chat after work, we might walk the dog in the evening or take the kids to the park to play with their friends - the change of seasons stops this happening as the nights close in a little sooner, and the evenings start to get colder. The first thing most of us feel like doing is snuggling up on the sofa under a blanket, watching Corrie, and munching through a family size box of chocolates. How can we stop this happening and keep ourselves under control a little more easily?

- Have three decent meals a day. Don't convince yourself skipping breakfast will make up for the maltesers you scoffed last night! Its quite the opposite - if you eat well all day, your body will be nicely topped up with nutrients, which will make your cravings reduce.
- Keep your water intake up to at least 1.5 litres a day - this is the same reasoning as above, if your body has everything it needs, why would it tell you you need to eat chocolate? Once your body has everything it needs, all you need to deal with is the habit - which is still tricky, but you can rationalise it so much more easily than you can rationalise a craving!

- Remind yourself why you're trying to be good! If you keep "that" little black dress you want to wear to the Christmas party in the front of your mind, you'll find it so much easier to say no to the maltesers!
  - Make sure to get outside for a good 20 minutes every day, especially on sunny days. This will top your body up with a basic amount of vitamin D; there's not a huge amount of it in the sun at this time of year, so you might even decide to pop a vitamin D3 supplement between October and March to keep your levels up. Don't be put off by this weeks research saying taking vitamin D doesn't stop us catching colds; whether it does or it doesn't do that, it will make you feel perkier and keep your sugar cravings under control. We crave sugar if we haven't got enough vitamin D in our system.
  - Try to keep your sleep good quality. Still stick with winding down in the bath or with a book between about 9.30 and 10pm, and try to have the lights out before 10.30pm. If you struggle to wake up in the mornings when its still dark, consider treating yourself to a bodyclock. I have a Lumie one which slowly wakes me up over 30 minutes before the alarm goes off, and I wake up so much more easily than I used to!
- 

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

*Vegetables around in October are:*

Artichoke, beetroot, broccoli, butternut squaash, celeriac, celery, chicory, chillies, courgettes, fennel, garlic, horseradish, kale, leeks, lettuce, marrow, parsnips, peppers, pumpkin, radishes, rocket, runner beans, shallots, swede, sweetcorn, tomatoes, turnips, watercress, wild mushrooms

*And October's fruits are:*

Apples, bilberries, blackberries, elderberries, figs, grapes, pears, plums, quince, redcurrants

---

### Recipe: Salmon with Lettuce & Peas [\[back to top\]](#)

I picked this recipe card up in Waitrose a few weeks ago, I've never thought to cook lettuce before, but its fabulous!

**Prep:** 5 minutes

**Cook:** 20 minutes

**Serves:** 2

- 1 tub of pancetta cubes
- 1 gem lettuce, chopped
- 1 mug of frozen peas
- Mug vegetable stock, homemade if possible
- Small handful of chopped mint
- 2 wild Alaskan salmon fillets

#### Method

1. Fry your pancetta cubes in a deep oven-proof pan until they start to brown
  2. Add the chopped lettuce, peas and chopped mint and mix together well
  3. Pour in the stock and let the whole lot simmer together for a few minutes, until the lettuce starts to wilt
  4. While this is happening, dry-fry the salmon, skin side down, in a seperate pan for just a minute until the skin goes crispy
  5. Nestle the salmon, skin side up, into the pancetta and lettuce pan, then pop into the oven for 10-15 minutes, until the salmon is cooked through
  6. You could serve this with some steamed broccoli if you fancy
- 

Until next time, enjoy staying healthy!

Best wishes,

Heather

