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## October 2013 Newsletter

What did the grape say when the elephant stood on it? Nothing. It just let out a little whine...

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Why You Don't Have Enough Will Power](#)
- [Seasonal Foods](#)
- [What I'm Eating: Stuffed Peppers](#)

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

- Did you see my new ad in the Haslemere Guide magazine last week? I thought it was time for a change... Look out for it and let me know what you think!
- The supplement company I recommend is offering **free shipping until the end of October**. Shop on their website here: [Aliment Nutrition](#).

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### Lifestyle Tip: Why You Don't Have Enough Will Power [\[back to top\]](#)

So you know the feeling you get when, a couple of weeks after deciding its time to go on a "serious diet", you've emptied the cupboards and stuffed yourself to the brim with anything stodgy and/or sugary you can get your hands on. The feeling of "what IS wrong with me. Why do I not have any willpower? Why did I just eat all that rubbish?".

You then go on to berate yourself for always slipping up after a couple of weeks of starting a serious diet; you know, the type where you restrict your food intake hugely because you've been told it will get you quicker results.

You are not the only person who does this.

Faced with a sudden drastic reduction of food intake, our bodies believe they are being starved. The logical part of your brain which makes the conscious decisions to "go on a serious diet and eat only 1000 calories a day" gets completely bypassed by the survival part of your brain, which says "We must eat. Now. Anything high-energy. Or we are going to die".

Your willpower cannot beat your bodies natural survival instinct. No one can stick to these massively restrictive diets long-term; people who tell you they can is either deluded or lying!

So... How do we stop our brains overriding our fat loss attempts?

Its about working with your brain and your body; its about getting away from food addictions, properly nourishing yourself and creating new patterns in your brain which set you up to succeed. A much more rewarding way to lose weight - stress-free, and free from the nasty cycle of following these crazy diets.

So many people I work with have tried every diet going and come to me in desperation for help to find something which will work for them. Once they've learned how to do it; losing weight by working with their brain rather than against it, they become unstoppable, getting into clothes they haven't fitted into for years, and being able to enjoy to stay in control forever.

"When I met Heather, I'd done every diet going and was weighing myself every day too. Ifelt that whatever I tried wasn't going to work for me, but eight months on, I had lost 4 kilos and 9 inches too. You have changed my whole concept about eating and

exercise in respect of being healthy and changing shape effectively... I'm now able to enjoy the odd treat without feeling guilty, and knowing I can get straight back on track afterwards!"

If you'd like to experience how powerful and rewarding the brain-approach to fat loss is, [book a free consultation with me today](#).

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

*Vegetables around in October are:*

Artichoke, beetroot, broccoli, butternut squash, carrots, celeriac, celery, courgettes, cucumber, fennel, french beans, garlic, kale, leeks, lettuce and salad leaves, marrow, onions, pak choi, peppers, pumpkin, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips, watercress, wild mushrooms

*And October's fruits are:*

Apples, bilberries, blackberries, damsons, elderberries, figs, grapes, nectarines, peaches, pears, plums, raspberries, redcurrants

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### Juice Of The Month [\[back to top\]](#)

Vegetable juices with a bit of fruit in them for sweetness are the ultimate way to increase your veg, vitamin and mineral intake. If your digestion isn't as great as it could be, juices will be a really good way to get nutrients in. These aren't to be used instead of anything, they're just a way to increase how many vitamins you're eating, plus they feel like a nice, sweet treat.

#### Carrot & Apple

Juice 2 carrots and 1 peeled orange (try to keep the white pith on). You could add some ginger too if you fancy.

I put 3 teaspoons of fish oil into my juices to increase the health benefits even further. The fish oil I use is flavoured with orange oil so your juices won't start tasting fishy. I whole heartedly recommend, [Aliment's Fish Oil](#).

I also recommend [this juicer](#).

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### What I'm Cooking: Stuffed Peppers [\[back to top\]](#)

These are yummy flavour-packed stuffed peppers. I bought the new [Jamie Oliver cookbook](#) recently - I think it's really good.

**Prep:** 15 minutes

**Cook:** 45 minutes

**Serves:** 2

- 2 Decent Size Red Peppers - halved lengthways and deseeded
- 1/2 Onion
- 2 Tomatoes
- Handful Parsley
- 2 tbsp Red Wine Vinegar
- 1 tsp Paprika
- 200g Pork (I used leftover roast pork, but either small bits of cooked diced pork or some cooked pork mince is perfect)

#### Method

1. Pop your peppers in the oven, cut side up, for about 20 minutes
  2. Meanwhile, chop up the tomatoes, slice the onion and finely chop the parsley and put them in a bowl with the vinegar, paprika and pork. Mix together well.
  3. When the peppers come out the oven, just pop the filling in, then return them to the oven for another 20-25 minutes until everything is cooked and soft.
  4. Serve with some broccoli and/or parsnip mash
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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