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September 2011 Newsletter

In this months newsletter we've got a few tips on blasting stomach fat as well as a recipe for delicious BBQ friendly lime chicken skewers; lets hope the sun stays out long enough to try them!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: How to Blast Stomach Fat!](#)
- [Seasonal Foods](#)
- [Recipe: Lime Chicken Skewers](#)

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

- **Fat Busters Online** has taken off with a bang - thanks so much to everyone for your lovely feedback, its great to hear that so many of you are noticing some great results just a couple of weeks in! The live Fat Busters sessions are going well too - everyone enjoying the health and energy boosts they're achieving, not to mention the huge inch-loss too!
I hate to be the one to bring it up first, but Christmas is going to be here in the blink of an eye - if 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, start moving towards your target now - four months is loads of time to get some serious results! [Make the first step now!](#)
- The **free workshop** will be taking place in the last week of September / first week of November. If you have any preference as to the time of day its on, please [let me know](#). More details to follow next week!

Lifestyle Tip: How to Blast Stomach Fat [\[back to top\]](#)

I wrote a short tip for the Pepperpot Magazine this month on blasting stomach fat away. As its one of the things I get asked about most, I thought I'd share the piece here for those of you who didn't get to read it. Remember there are always articles being added to the articles archive on the website - there's a pretty big range of things to read about now, from nutrition to lifestyle to training.

When we talk about stomach fat, there could be two things going on. Fat stored on your hips basically means you're eating too much sugar, whereas central stomach fat ("bloated" looking) is usually caused by high stress levels. Stress comes in different forms - lack of sleep, incorrect nutrition, lack of water - or ongoing day-to-day stress.

These tips will help you blast stomach fat away:

- 1) **Correct your nutrition:** Eliminate anything packaged or processed - butter substitutes, low-fat products, "healthy cereals" as well as alcohol and caffeine too. Instead, eat loads of fresh veg, fresh meat and fish, clean water and nuts and seeds.
- 2) **Get to bed by 10pm:** All sorts of useful fat-burning hormones are released during your sleep. Improve sleep quality by winding down with a bath and a book too.
- 3) **Do some PROPER exercise:** Quit your constant paced runs and do some resistance training instead. Get some proper advice on how to lift weights properly - sitting at a machine won't do the trick.

Give it a try for a month - take measurements at the start and finish, and let me know how you've got on!

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

Vegetables around in September 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 September's fruits are:

blackberries, blueberries, damsons, figs, grapes, melons, nectarines, peaches, pears, plums, raspberries, tomatoes

Recipe: Lime Chicken Skewers [\[back to top\]](#)

Get the BBQ revved up!

Prep: 10 minutes, plus marinating time

Cook: about 15 minutes

Serves 4

- about 28 chunks chicken breast
- Rind & juice of 3 limes
- 3cm fresh root ginger, finely grated
- 2 garlic cloves, crushed
- 1/2 tbsp black peppercorns
- 1 tbsp soy sauce
- 2 red peppers, cut into chunks
- About 6 asparagus stalks, each cut into 3

Method

1. Crush the peppercorns and mix well with the soy sauce, garlic, ginger and lime zest and juice.
 2. Add the chicken, stir well and leave to marinate in the fridge for at least 30 minutes, the longer the better.
 3. Thread the chicken onto the skewers, alternating each piece with some pepper and asparagus.
 4. Cook the chicken for 6-8 minutes on both sides, or until cooked through. Brush the leftover marinade onto the skewers while cooking
 5. Serve with watercress, spinach and rocket salad
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Until next time, enjoy staying healthy!

Best wishes,

Heather

