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September 2012 Newsletter

Welcome to September's newsletter. How are we going to fill the days now we are post-Olympics? At least the sun is shining :-)

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Sleep To Lose Fat!](#)
- [Seasonal Foods](#)
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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 Program** is now live! The new website hasn't happened for a variety of reasons, but I'm ready to roll regardless. The Personalised Online 1-2-1 Program works as similarly to face-to-face 1-2-1 as possible - we do your full consultation either online via Skype, or face to face, during which we discuss your goals and lifestyle, take you through your nutrition plan, do a movement analysis and take starting assessments. I'll then design your program and email it to you along with videos of your workouts; plus we'll speak on the phone once a week to discuss how you're getting on with everything, and email as often as you need to between. If you'd like to have a chat about it, [please get in touch](#).
- Would you be keen to join a **weekend retreat** early next year? I'm putting some plans into place for a two day, one night, retreat. We'll give you lots of different workout ideas as well as teaching you how to create your own programs and you'll learn everything you need to about nutrition, hormones and lifestyle. It'll be somewhere around Haslemere and most likely in the second or third week of January 2013. [Let me know what you think!](#)

Lifestyle Tip: Sleep To Lose Fat! [\[back to top\]](#)

An article I wrote for Round & About about sleep has just been uploaded to the website for you to download, but I thought I'd share some key points about sleep here:

- You really will lose more fat if your sleep quality is improved!
- In fact, if your sleep quality is poor, the results you'll get from eating well and training will be very restricted.
- Get to bed somewhere between about 10pm and 10.30pm - our bodies start their reparative processes around this time; if you want to feel good and look good, you need these processes to work as well as possible!
- Get away from the TV, computer, mobile phone and anything else with a back light a good hour before you go to bed - the lights will confuse your brain and keep the wake up hormone levels high, meaning you'll struggle to go to sleep.
- Instead, run yourself a bath, light a few candles, grab a trashy book or magazine and have a soak for half an hour or so.
- After your bath, go straight to bed - don't check your emails one last time, just get straight into bed, read a bit more if you fancy, then turn the lights out.
- If you struggle to switch off in the evenings, try adding a handful of magnesium flakes to your bath to relax you.

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

Vegetables around in September are:

Aubergine, beetroot, butternut squash, cabbage, chicory, courgette, cucumber, fennel, French beans, globe artichoke, marrow, peppers, pumpkin, radish, rocket, runner beans, spring onions, sweetcorn, tomatoes, watercress

And September's fruits are:

Apples, apricot, bilberries, fig, nectarine, pear, plum, raspberries

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

I've made this for dinner a few times, and its really quite good! I call it anaemic chicken since it looks a bit bland and tasteless, but it really isn't!

Prep: 10 minutes

Cook: 20 minutes

- 6 chicken thighs, each chopped into 5 / 6 pieces
- Zest and juice of 1 lime
- 1 chilli
- Mug chicken stock, homemade if possible
- Good handful of radishes, chopped
- 4 spring onions, chopped
- Small bunch coriander, chopped

Method

1. Whizz up the banana and strawberries in your blender, tip in the coconut milk and give it another whizz to blend the whole lot together, then pop in your lolly moulds, put the sticks / handles on top, and whack in the freezer for a few hours.
Yummy! Fry your chicken thighs in your lime zest and chopped chilli for a few minutes until the chicken starts to brown a little on the outside
 2. Add the chicken stock and keep it on a high-ish heat so it starts to disappear
 3. At the same time, add the chopped radishes, spring onions and lime juice
 4. Let it all cook together for 10-15 minutes until the chicken is cooked through
 5. Stir in the chopped coriander, then serve immediately, with some wholegrain rice
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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