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September 2013 Newsletter

How do you make an apple turnover? Push it down a hill....

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

- Victoria Mildenhall is talking about hypnotherapy at the **Amarna Spa on September 9th at 7.30pm**. She will be dispelling myths about hypnotherapy, explaining what it feels like to be hypnotised and telling you all about the wonderful things it can do for you. If you'd like to go along, let her know by emailing eyethatopens@hotmail.co.uk
- The supplement company I recommend is holding a 3 for 2 sale including free delivery until **the end of the week**. Its a great chance to stock up on your fish oils (you know how much of a raving fan I am of fish oil!) and to order your vitamin D in time for the winter. Shop on their website here: [Aliment Nutrition](#).

Lifestyle Tip: The Men Who Made Us Thin [\[back to top\]](#)

Did you watch The Men Who Made Us Thin series on BBC over the last few weeks? So far, I've watched the first three programs, and I am really impressed. So often these food programs focus on reinforcing stupidity forced upon us by food manufacturers etc, but this series was fantastic.

I was amazed to learn that our knowledge of what we should each weigh is based on figures from an insurance company. There is of course a truth in the weights they specified - they were specified because the insurance company noticed people who were over the weights were more likely to die than those below the weights specified. I just find it incredible that this is what we have been basing our health guidance on for all these years!

The series told us that diets don't work. Did you hear the ex financial director of Weight Watchers saying that the only reason WW is successful is because people go away, fall straight back into their old habits, put on the weight they lost again and need to come back. He basically said that if WW worked, then it wouldn't be as successful.

The series also told us that exercise doesn't burn fat and that this is based on some assumptions made in the 50's when a group of girls were asked to record the activity they did for a few weeks. The conclusion was that the girls who were overweight did less activity, and therefore that the remedy for their excess weight was to exercise more. No studying into whether that was actually correct or not.

I'm not sure how others felt, but I felt that we finished up being told that following a diet and exercising doesn't make any difference to how much fat our bodies store - so not to bother about it. I didn't feel there was any "so, none of this works... What should we do?".

I think what we should all take from this great series is that faddy diets are rubbish, the wrong sort of exercise is ineffective - but

creating a whole-person approach to life and focussing on getting as healthy as we can (rather than focussing on weight loss) will lead to better long term health including a body which doesn't store excessive amounts of fat. This means both eating real food and doing real exercise, doing it consistently, and overall feeling good about yourself.

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

Vegetables around in August are:

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, fennel, french beans, garlic, leeks, lettuce and salad leaves, mangetout, marrow, onions, pak choi, peas,peppers, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips, watercress, wild mushrooms

And August's fruits are:

Apples, apricots, bilberries, blackberries, blueberries, cherries, damsons, figs, grapes, greengages, loganberries, melons, nectarines, peaches, plums, raspberries, redcurrants, strawberries

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.

Cucumber, Orange, Strawberry and Spinach

Juice about 1/4 cucumber, 1 orange, a handful of strawberries and a handful of spinah.

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](#).

Recipe: Prawn Jambalaya [\[back to top\]](#)

This is a yummy dinner, comforting and filling, but healthy and tasty.

Prep: 10 minutes

Cook: 20 minutes

Serves: 2-3

- 150g Rice. I used white, but you could use brown.
- Coconut Oil
- 1 Red Onion, Chopped
- 1 Red Pepper, sliced
- 1/2 Mug Peas
- 60g Diced Chorizo
- 200g Raw Prawns. Half big and half small prawns if you like
- 2 Tomatoes, Chopped
- 2 Tsp Bart Creole Spice Mix (which is made from paprika, black pepper, cayenne, garlic powder, onion powder, salt, thyme and oregano)
- Handful Fresh Chopped Parsley

Method

1. Pop your rice on to cook for about 10 minutes before moving on to the next stage - then it should be ready at about the right time.
2. Heat your coconut oil in a big frying pan and fry your onions, peppers and chorizo for 5 minutes, until the peppers are softened
3. Stir in the tomatoes, spice mix and prawns and cook for a couple of minutes before adding the peas
4. Add the cooked (drained) rice and stir through until the whole lot is well combined
5. Stir through the parsley and serve

Until next time, enjoy staying healthy!

Best wishes,

Heather



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