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November 2014 Newsletter

This month we've got:

- Vitamin D - How To Get Yours
- A Juice Recipe
- What I'm Cooking: Yummy Beef Stew

Please feel free to send this on to your friends and family - if they'd like to receive the newsletter directly, please point them to [the website](#).



News From Fitbiz Training

- I've got a slot available in my diary **this coming Monday (10th November) at 2.30pm**. If you have been wanting to make a start at getting in shape for the impending Christmas parties, maybe this is the perfect excuse to get started. We can use the session to talk about your goals and mindset, I could help you make changes to how you eat, or we could discuss an exercise routine for you to help you lose fat, tone up, correct your posture or recover from an injury. [Let me know if you'd like the slot!](#)
- I also have some availability for [Online Training](#) at the minute, I've now worked with quite a lot of people online since I put it together, and the feedback has been overwhelmingly positive - there have been loads of really great results from everyone who has worked with me online so far, and it seems to be working just as I hoped - as good as 1-2-1 but without the face-to-face. If you promised yourself this would be the year you lost weight but not much has happened, perhaps we should chat about how you can make some positive changes in the last weeks of the year.

Vitamin D - How To Get Yours

Have you been watching "Trust Me, I'm A Doctor" on BBC2? I think its a really good program, I've been really enjoying it. There were some interesting points about vitamin D made on one of the programs, so I thought I'd include them in some notes about vitamin D during the winter.

Many of us are deficient in vitamin D, many of us also spend too much time inside - there is a direct link between the two. As the days get shorter and the weather gets colder, the vitamin D available from the sun reduces hugely. If we've had good levels of vitamin D in our bodies over the summer, we'll be ok for a few months of the winter since our liver can store and use vitamin D for up to three months.

Vitamin D is so important in your body - they say that lack of vitamin D is present in almost every disease picture. That's not to say that lack of vitamin D causes every disease, but low levels are seen in people with almost every disease. Interesting stuff. It will also lower your blood pressure, help keep colds at bay, and help you stay in an all round good mood... SAD is linked to lower levels of vitamin D, as well as lower levels of natural light during the winter.

What can you do to keep your levels up? Well, you can supplement, you can increase the amount of Vitamin D you eat, and you can get more sunshine. It's always a good idea to get outside every day, but the sun won't boost your vitamin D much in the winter. So that leaves us with supplementing and eating more vitamin D.

Foods rich in vitamin D are things like oily fish, eggs (especially the ones with dark orange yolks) and grass fed red meat. Be sure to have these things in your diet all year round, they're good for you for numerous reasons aside from just vitamin D.

Personally, I take a vitamin D supplement between October / November (when the weather starts getting cold and miserable - I started this week!) and March (when the sun and warm returns). I can suggest a good quality vitamin D supplement [if you ask](#).

As an aside, next summer take on board the advice backed up by the research they showed on Trust Me I'm A Doctor and get some sun cream free time in the sun. They concluded that if you're not at high risk of skin cancers you could relax "considerably more than the current guidelines suggest". I have a chart of recommended suncream-free time in the sun relating to your skin type and the UV index of the day - I'm very happy to send it to you [if you ask](#).

Seasonal Fruit & Veg

Vegetables around in November:

Artichoke, beetroot, butternut squash, celeriac, celery, chicory, chillies, horseradish,

Jerusalem artichoke, kale, leeks, marrow, parsnips, potatoes, pumpkin, salsify, shallots, swede, sweetcorn, tomatoes, turnips, watercress, wild mushrooms

And Fruits:

Apples, cranberries, elderberries, pears, quince

Juice Of The Month

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.

Beetroot, Celery & Pear

Pop one whole beetroot in the juicer, followed by one stick of celery and a decent size pear. This is a lovely thick juice.

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](#).

What I'm Cooking: Yummy Beef Stew

One of my lovely clients gave me some home-grown beef shin last week. I made it into a stew which was really good! You don't have to use carrots and parsnips in this, you could use swede, turnips...

Serves: 2 with leftovers for lunch

Prep: 15 mins

Cook: 3-4 hours

Ingredients

- Coconut Oil
- 2 Onions, sliced
- 2 Cloves Garlic, chopped

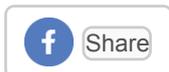
- 1 Carrot, sliced
- 1 Parsnip, cut into 2cm pieces
- 2 Sprigs Thyme, leaves picked
- 500g beef shin, whole but no bone
- 1 tablespoon Tomato Puree
- Beef stock, to "almost cover"
- Pearl Barley - a generous sprinkle

Method

1. Heat your coconut oil in a large saucepan then add the onions and fry until soft
2. Add the veg and thyme, fry over a medium heat until they start to soften
3. Add the beef, tomato puree, stock and pearl barley, then pop the lid on, reduce the heat, and let the stew bubble away for 3-4 hours - or until the beef is falling apart and tender

Until next time, enjoy staying healthy!

Best wishes,



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