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## October 2014 Newsletter

This month we've got:

- The Secret's In The Support
- A Juice Recipe
- What I'm Cooking: Greens & Lentil Soup

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](#).



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### News From Fitbiz Training

What would you like to read about on these newsletters? If there's a topic you're interested in, or something you've been itching to know the answer to, please ask away. I'm always keen for ideas of pieces to write, don't be shy!

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### Secret Support

It's official - the secret to getting good results is in the support you get on your journey.

It's easy to get your head around that one. If your friends encourage you to treat yourself to just one more glass of wine, your other half tells you you've done so well all day and you deserve a bit of the chocolate he's munching right next to you or your work colleagues keep tempting you with the little treats they keep bringing into the office - it is MUCH harder to stay on track.

Of course, it is still very possible to reach your goals even if you can relate to one (or all!) of the situations I've mentioned.

There's a quote I like - "if you have a big enough 'why', you can overcome any 'how' " - it reminds us that if you know why something matters so much to you, you will find a way to get there.

This said, there's no point making life harder than it already is.

By surrounding yourself with people who will help you on your way, it's so much easier to stay on track. This could be at one end of the spectrum and explaining why you'd really appreciate your other half not eating chocolate within your sniffing distance, or the other end of the spectrum and actively avoiding certain social situations.

The support you get when you're working towards a target makes all the difference.

A recent study showed that people working with a coaching lost OVER THREE TIMES more weight compared with people who were just given advice and access to equipment, then left to get on with it.

Need some professional help to get you started and/or keep you going? [Get in touch](#) and we can get you sorted.

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## Seasonal Fruit & Veg

Vegetables around in October:

Artichoke, beetroot, broccoli, butternut squash, carrots, celeriac, celery, chillies, courgettes, cucumber, fennel, garlic, horseradish, kale, leeks, lettuce, marrow, onions, pak choi, peppers, potatoes, pumpkin, radishes, rocket, runner beans, shallots, spring onions, sweetcorn, tomatoes, watercress, wild mushrooms

And Fruits:

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

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## 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.

### **Peach, Pear & Apple**

Take the stone out of a peach then juice it on the lowest setting, followed by the pear and apple. Yummy.

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: Greens & Lentil Soup**

Soup is a great lunch - you can fill yourself with veg and protein, plus the liquid nature means your body will find it easier to get the nutrients out.

Serves: 2

Prep: 10 mins

Cook: 45 minutes

### **Ingredients**

- 1 Onion, chopped
- 1 Carrot, chopped
- 2 Sticks Celery, chopped
- 2 Cloves Garlic, chopped
- 2 Sprigs Thyme leaves
- Decent Handful Greens, chopped
- Chicken Stock
- 150g Puy Lentils, soaked
- 2 Tomatoes, chopped

### **Method**

1. Fry your onion, carrot and celery in some coconut oil for about 10 minutes, until soft
2. Add the garlic, thyme and greens, then fry for another minute or two
3. Pour in your stock - you want it to just about cover your veg

4. Add the lentils and bring to the boil
5. Simmer for a good half an hour, until the lentils are cooked then add the tomatoes
6. I like to "half blend" this soup to thicken it up, but not make it totally smooth - blend as you prefer, then enjoy.

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Until next time, enjoy staying healthy!

Best wishes,

A handwritten signature in red ink that reads "Heather". The signature is written in a cursive style and is positioned above a red flourish that extends to the left and then curves back towards the center.

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