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## August 2012 Newsletter

Welcome to August's newsletter. I wonder if anyone else is finding hours of the day just vanishing into an Olympic shaped black hole at the moment?!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Hold The Tension!](#)
- [Seasonal Foods](#)
- [Recipe: Healthy Ice Lollies](#)

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!



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### News from Fitbiz Training [\[back to top\]](#)

- I'm awaiting "delivery" of a new website which will be a **Fitbiz Training online store**. We'll be offering our normal face-to-face Personal Training service online, which will work really well for those of you who are out of my coverage area, or who work long hours or funny times etc etc. We'll also have audio courses, workouts and ebooks to download too. If there's anything in particular you'd like to see on the store site, [please let me know](#) - I love your ideas!
- The One Day Workshops were a great success, people have been reporting back some great changes over the last few weeks, which is really good to hear! Its brilliant to know those of you who came are putting the things we discussed into place!
- I'd like to run a **workshop on staying on track**; it'll be all on the mindset side of things, no real training or nutrition advice at all. It'd be a two to three hour workshop, most likely at Lythe Hill again and likely at the end of September or beginning of October, after the summer holidays. If you might like the sound of this, [let me know!](#)

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### Lifestyle Tip: Hold The Tension! [\[back to top\]](#)

Hands up who's feeling inspired by the Olympics?! We sit and watch these people who have such amazing commitment to their sport, and fantastic determination to get to the top of their game - a lot of them have even been training alongside full time jobs - and think "why can't I even motivate myself to do a quick 20 minute workout?". We feel angry with ourselves and then somehow find ourselves in the gym, putting in a good workout and convincing ourselves the feeling we've got right now isn't going to go away. Then all of a sudden, the Olympics are over, we're watching Corrie again, feeling mildly guilty about not doing any exercise or watching our food intake, but not inspired enough to get back into a good pattern.

Wouldn't it be great if we could hold onto the feeling of "come on, let's get fit!" the Olympics gives us!

Here's the trick - hold the tension. I never really understood what this meant, and its taken me quite a while to really get it, but now I do, I can explain it. We need to hang on to that feeling of anger and "no, seriously, why am I being so lazy; look at those people on the telly looking so great, why can't I do something? Let's go! NOW!". Most of us go in and out of this feeling quite often, it doesn't necessarily take the Olympics - perhaps its someone with a nice figure walking down the street, or knowing a friend got up early this morning to go for a swim, it doesn't matter what provoked the feeling, you've just got to capitalise on it.

While you're feeling angry, grab yourself a bit of paper and a pen, go through the thoughts in your mind and write them down. Those of you who know me know I'm not one of these super-fit super-human people, I don't dream of training, nor do I wake up and yell "yipee! I get to train today!"; so when I know I've been a bit lazy for a little while, the anger comes to me when I look at all

the people who I've worked with that day, see they have busy lives, and see they are making some whopper changes - they are showing some real determination. I think - I have it easy, I don't have as busy a life as so-and-so, I'm in a much better position to take time to train and eat well; set an example Heather, pull your finger out and DO something! I actually have this written down in a more user friendly paragraph on my desk - it gets me going every time!

You need to know what it is that gets you going, write it down and refer back to it when you know your passion for your goal has started to dwindle. It's sure to help you hold the tension and keep you on track!

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

*Vegetables around in August are:*

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, fennel, French beans, garlic, lettuces and salad leaves, mange tout, onions, pak choi, peas, peppers, radishes, rocket, runner beans, tomatoes, watercress

*And August's fruits are:*

Apricots, bilberries, blackberries, blueberries, greengages, loganberries, melons, nectarines, peaches, plums, raspberries, redcurrants

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### Recipe: Healthy Ice Lollies [\[back to top\]](#)

Now the weather has perked up a little, how about some guilt-free lollies to munch on in the sunshine? I rarely repeat recipes here, but I've been asked loads of times over the last couple of weeks whether I know a recipe for healthier ice cream, and here it is!

**Prep:** 10 minutes

**Freeze:** 4 hours

*Makes: a full tray of 8 lollies*

- 1 tin full fat coconut milk
- 1 banana - if it's a little over ripe, it'll be better
- 1/2 punnet of strawberries, with the tops trimmed off
- A 6 tray ice lolly mould

#### 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!

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Until next time, enjoy staying healthy!

Best wishes,

Heather



