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Heather Gillam

07967 995416

heather@fitbiztraining.co.uk

June 2012 Newsletter

Welcome to June's newsletter. One day this year, I won't need to make reference to the rain in this opening paragraph!

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

- The One Day Workshop plans are coming along nicely. The **course will run twice**, once **during the week and once at the weekend**. I've booked Lythe Hill Hotel for **June 27th and July 14th**. If there is enough interest, I can add **July 12th** to this list as well, but only if we have enough people. This Workshop is going to be an **intense version of the eight week 30:30 course** which ran earlier this year - we'll cover everything you need to know to lose body fat for good - what food you need to eat, what food you need to avoid, lifestyle factors, goal setting, hormone balance and supplementing. We'll also do some of those workouts I'm known for doing - short yet strangely effective! Full details to follow tomorrow. There has been quite a lot of interest in this already, so if you're interested, make sure to [let me know soon!](#)
- The article which appeared in this months Round & About magazine about stomach fat will be on the site in the next day or two - its an updated version of last years hugely popular one!
- Finally, I can't believe no one has sent me a Q&A for the newsletter! If you have a question you'd like me to answer, [send it over!](#)

Lifestyle Tip: Plan, Plan, Plan! [\[back to top\]](#)

There are two expressions which we all need to pay more attention to, whether we're looking to achieve fat loss, improved health, improved fitness, or anything else. The first is "fail to plan, plan to fail" and the second is a phrase I say far too often "your focus becomes your reality". There's also a sweet little book called The Power of Less, which also illustrates this point.

This is NOT about obsessing and making your every waking thought "why haven't I lost weight, what am I doing wrong, I must eat less / train more / try another approach", this is about trusting the system and remembering why you're doing it all the time.

Most peoples resolve falls down when life gets in the way - a friend has a drama and you go to the cafe to chat it through (oops, did I really just have a latte and a cupcake?), you have to take your kids to a swimming lesson then to a party (oops, how did that packet of crisps end up empty?), you have a manic day (well, there's no other choice - I'll have to grab a quick sandwich on the run), you get the idea.

You can see where I'm going here - if you'd kept your focus on your goals, none of these situations would have been a reason to cheat on them. Your friend rings you, you suggest she comes to your house for a chat instead of meeting in a cafe, or you go for a walk together, or you make sure you throw some good food down your throat before you meet her... You have to be out all day - so take a decent lunch or some good snacks with you.

If your fall-down times are less dressed up than this and you simply walk in through the door starving and end up eating a few

biscuits while deciding what to cook for dinner, make sure you've got a plan in place before you get that far. I love it when people take half an hour once a week to look through their diaries, write in when they're going to train, then look through cook books and plan meals for the week in line with what they've got on. Got to go out straight after work on Tuesday? Better take a couple of snacks with you to munch in the car on the way.

The point is, focusing on your goals makes you remember them which makes it so much easier for you to make better choices, which will lead to you achieving your goals. Your focus becomes your reality!

Of course there will always be a time when you can't avoid cheating, just as there will be a time where you want to cheat, but if you're always keeping your focus on what you're trying to achieve, you'll never be too far away, its when you forget why something is important to you that things go wrong.

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

Vegetables around in June are:

Artichoke, asparagus, aubergine, broccoli, carrots, courgettes, fennel, lettuces and salad leaves, mangetout, onions, peas, radishes, rocket, runner beans, spinach, spring onions, turnips, watercress

And June's fruits are:

Apricots, blueberries, cherries, elderflowers, gooseberries, kiwi fruit, lemons, oranges, passion fruit, raspberries, strawbetties, tomatoes

Recipe: Fennel & Pepper Sardines [\[back to top\]](#)

Fresh sardines are delicious, not too strong tasting, and the seeds give them almost a spicy taste too. As we're in England, pretend its not raining, light the BBQ and have a try of this really simple recipe. Its out of Mitch Tonks Fish Easy cookbook.

Prep: 10 minutes

Cook: 10minutes

Serves: 2

- 8 decent size fresh sardines, gutted and with the heads off
- 1 tablespoon each of black peppercorns and fennel seeds
- Watercress, rocket & spinach salad
- 6 small radishes, chopped
- 1 avocado, sliced
- 1/2 red pepper, chopped
- 10 small tomatoes, halved
- 2 spring onions, chopped
- 4" cucumber, sliced
- Olive oil, to taste

Method

1. Bash the peppercorns and fennel seeds in a pestle and mortar until well ground
2. Rub the sardines with the ground seeds, then put on the BBQ for about 4 minutes each side, until the skin is crispy
3. Put all the salad ingredients into a bowl and mix
4. Serve the salad and the fish together

Until next time, enjoy staying healthy!

Best wishes,

Heather



FitBiz Training | info@fitbiztraining.co.uk
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