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March 2012 Newsletter

Welcome to March's newsletter. This month we've got a few thoughts about juicing, as well as today's news about red meat correlating to increased risk of cancers and heart disease.

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Have a Go at Juicing](#)
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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 [\[back to top\]](#)

- 30:30 has got off to a great start over the last couple of weeks, so far our attendees have learnt about what food they should be focusing on eating, and which they really should avoid. They've also learnt 2 new workouts and are starting to notice some great changes to their bodies already. There is a possibility I could offer the 30:30 program online for those of you who weren't able to attend on a Thursday. If you're interested in this, [get in touch](#).
- Its great to know I'm giving you the kind of information you want on the newsletter, so I thought I'd start a Q&A section. [Send your questions](#) over to me and I'll include them in the newsletter over the next few issues.
- Have you heard about the study linking red meat eating to increased risk of death from cancers and heart disease today? Just a couple of thoughts to share with you about it; as well as the study using burgers as an example of an unprocessed red meat, it says "men and women with a higher intake of red meat were less likely to be physically active and were more likely to be current smokers, to drink alcohol or have a higher body mass index". Personally, I don't think it's the meat making these people drink more and be less active. A burger after a night on the booze is not the same as a bit of organic steak with salad.

Lifestyle Tip: Have a Go At Juicing [\[back to top\]](#)

I've recently become rather a fan of juicing and its become something a lot of clients are enjoying as well. Dust off the juicer sitting in the back of your cupboard and increase your intake of veg - we don't get anything like enough nutrients from the veg we eat these days, and juicing is such an easy way to change this. The more nutrients we take in, the more effectively your body will work, fight off infections and reduce cravings.

If your diet hasn't always been good your digestion might not be as good as it could be - if this is the case, you might not be taking as much nutrition from the veg you eat as you should be - juicing makes it much easier for your body to absorb the nutrients

Opt for vegetable juices rather than fruit ones, fruit is massively sugary as it is, and this only increases when you juice it - so it might actually end up giving you sugar cravings! Have lots of different coloured veg too and vary the colours day-by-day so you get a variety of nutrients; thin of different colours as being rich in different vitamins and minerals.

You should also make sure you drink your juice as soon as you make it to get the most out of it - nutrients start to die very quickly once the veg has been juiced. You can store your juice for a few hours in an airtight container filled as close to the top as possible to maintain the nutrient value.

Have a try at juicing a couple of apples, about 1/4 bulb of fennel, a handful of spinach and half a peeled lime - yummy!

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

Vegetables around in March are:

Cauliflower, chicory, leeks, purple sprouting broccoli, rhubarb, spinach, salsify, spring onions

And March's fruits are:

Bananas, blood oranges, kiwi fruit, lemons, oranges, passion fruit, pineapple, pomegranate

Recipe: Warm Cauliflower Salad [\[back to top\]](#)

This is a lovely lunch idea - and has the benefit of helping out with blasting leg fat!

Prep: 15 minutes

Cook: 35 minutes

Serves: 4

- 1 cauliflower , broken into florets
- 2 tbsp coconut oil
- 1 red onion , thinly sliced
- 3 tbsp sherry vinegar
- 1 ♦ tbsp agave nectar
- small bunch dill, snipped
- 3 tbsp toasted, flaked almonds
- 50g baby spinach

Method

1. Heat oven to 200C/180C fan/gas 6. Toss the cauliflower with the oil, season and roast for 15 mins. Stir in the red onion and carry on roasting for 15-20 mins more until tender.
 2. While the cauliflower is roasting, mix the vinegar and agave with some seasoning.
 3. When the cauliflower is done, stir in the dressing, dill, almonds and spinach, and serve.
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Until next time, enjoy staying healthy!

Best wishes,

Heather

