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April 2009 Newsletter

Welcome to the first anniversary edition of the monthly newsletter from Fitbiz Training. That's right, I've been sending out newsletters for a year, and I'm now reaching over 200 recipients a month!

However, I'm always keen to welcome new subscribers, so please continue to point family and friends in the direction of the sign-up box on the website, at www.fitbiztraining.co.uk!

This month we've got all the usuals including:

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Stop Looking at the Scales!](#)
- [Seasonal Foods](#)
- [Recipe: Orange and Watercress Salad](#)



And also this month, we welcome a new regular feature:

- [Body Facts: Circulation](#)

Finally, if you haven't already, become a fan of the [Fitbiz Training page on Facebook!](#)

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

- The first week of [Group Training sessions](#) went really well last week and there was lots of positive feedback from the participants. Sessions will continue to take place at **7am on Monday and Thursday at the Haslemere Recreation Ground**. Join us for a workout completely different to anything you've experienced in a gym class; great fun and hugely effective. Just [send me an email](#) to let me know you'll be there!
- The [28 Day Challenge Program](#) is now officially live! The program guarantees that you'll drop a clothes size within 28 days, or I'll refund your investment - either you **get results, or get your money back!**
- As mentioned previously, I've created a [Fitbiz Training page on Facebook](#),

which can be accessed via www.fitbiztraining.co.uk/facebook.php. Become a fan, and in turn find lots of interesting and informative links, including research on the safety of sugar substitutes and an interesting newspaper article discussing whether going to the gym might be making you fat...

Body Facts: Circulation [\[back to top\]](#)

Our circulatory system deals with the transportation of blood around our bodies, which in turn serves to transport oxygen, nutrients and waste products, and to fight infection.

Did you know?

- The heart of an average healthy adult beats around 100,000 times every day.
 - There are around 2.5 trillion red blood cells in your body at any one time.
 - Eating pumpkin seeds, watermelon, oranges, nuts and garlic can all improve circulation.
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Lifestyle Tip: Stop Looking at the Scales! [\[back to top\]](#)

When a client comes to me looking to shed body fat, I try to encourage them to reduce the emphasis they place on the scales. This is a key part of a fat loss strategy, because fat is not the same as weight. In fact, sometimes weighing less can even mean we have become fatter.

If we follow traditional weight-loss advice, i.e. follow a "low fat" diet (for which you should read, "high sugar") and do lots of aerobic exercise, we end up losing a lot of muscle. When we have less muscle on our bodies, we have less demand for energy - so food eaten is more readily stored as fat, because the food put in wasn't needed to provide energy.

Body fat is effectively used up by the body when it has need for energy, and the energy can be demanded by increased muscle, which weighs **three** times more than fat.

Weight isn't the be all and end all; the scales tell only a very small part of a big story. Often, becoming over-keen about our weight is a big reason for failing in our fat loss attempts:

- When you picture your perfect body, does it correlate to a number on the scales? Or does it not really matter what the body weighs, because it **looks** perfect?
- When you look at people whose bodies you envy, do you think, "Wow, I'd love to have her figure", or do you think, "Ooo, she looks 8 stone"?
- When you squeeze yourself into an old pair of jeans, do you think "I wish my tummy was thinner, then I'd be able to do these up easily" or do you think "I

weigh a stone too much"?

- Would you rather lose a stone, or look like you've dropped 2 inches from your waist?

So how does one go about losing size, without putting the emphasis on weight? The answer is in your nutrition, which must be good at least 90% of the time, and in your training, which must include good quality resistance and high intensity aerobic interval training.

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

We all know the benefits of fresh fruit and vegetables in our daily diets, but remember, by buying and eating seasonal foods, you'll get the best quality and also help the environment, by limiting the demand and requirement for storage and transportation of non-seasonal foods.



To help you achieve this, the kind people at **Gregg's Veg** - which delivers locally grown vegetable boxes throughout the UK - are continuing to offer a discount on their family box for all readers of this newsletter. Simply visit www.greggsveg.co.uk and use the discount code **5%OFF**.

A reminder of April's seasonal vegetables:

broccoli, cauliflower, carrots, chicory, cucumber, kale, leeks, lettuce, purple sprouting broccoli, radish, rhubarb, rocket, spinach, spring onions and watercress

And some of the fruits of the month are:

bananas, kiwi fruit, lemons, oranges and passion fruits

Recipe: Watercress and Orange Salad [\[back to top\]](#)

This is a really tasty lunch - serve with quinoa or beans, and perhaps some grilled salmon.

Prep: 30 minutes

Serves 4

- 4 oranges
- Good bunch of watercress
- 2 tbsp olive oil
- Sea salt

- Black pepper

Method

1. Finely grate the zest of the oranges, avoiding any pith, then peel them with a sharp knife, removing all the pith
 2. Run a sharp blade either side of the thin membranes, releasing whole segments one at a time. Let them drop into a bowl along with any juice that drips
 3. Make a dressing by mixing the olive oil with 1 tbsp saved juice, the finely grated zest and a little salt and pepper
 4. Toss the leaves with this dressing just before serving and scatter the segments of orange among the leaves
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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 with a long, sweeping underline that curves to the left.

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