

Problems reading this email? Try <http://www.fitbiztraining.co.uk/newsletters/201004.htm>



## April 2010 Newsletter

A very warm welcome to the April 2010 and second anniversary edition of the Fitbiz Newsletter!

This month's edition includes:

- News from Fitbiz Training
- Lifestyle: Fitness Study Results
- Seasonal Food Reminder
- Recipe: Roast Broccoli Romesco



As ever, please [let us know any feedback](#) you may have on the newsletter, and remember, feel free to share it with family or friends. We're always available to provide help and advice - just drop us a line!

---

### News from Fitbiz Training

- I'm very excited to announce that my long-term boyfriend Mike recently proposed to me! Needless to say, I said yes, and are hoping to get married later in the year, when Mike gets back from his latest deployment with the Royal Navy.
- I have written an article for **Round & About magazine** on how to burn that dreaded stomach fat. The magazine will be delivered towards the end of this month, and the article will be added to the [downloads page of the website](#) shortly after it has been published.
- We've been asked to run a **group in Grayshott for local mums**. If you might be interested, please drop us a line and we'll make sure you're on the list to receive information.

---

### Lifestyle: Fitness Study Results

Hands up who ate too much chocolate over Easter! I'm certain that's most of us - myself included - and now we're all regretting it! All the more crucial, then, that we look at the best ways to trim down and get in shape for the summer ahead.

This week I was sent a review of two in-depth fitness studies <sup>i, ii</sup>. The results were very interesting, with both offering firm evidence that the approach adopted by personal trainers - such as our own team here at Fitbiz - will offer better results than traditional methods. In summary, the main points were:

1. Have less rest between your exercises - i.e. don't do one set of press ups, rest for 30 seconds, then do another set; instead, work in supersets (two exercises back to back with no rest until you've done both), trisets (a three-exercise version of supersets) or circuits (a four or more exercise version).
2. Guess what? Scrub the long duration aerobic training! Add in some high intensity interval training work to increase your metabolic rate and burn fat.
3. Eat sensibly: cut out all the junk and eat only fresh, whole foods along with plenty of clean water.

Give it a month, and you'll be ready for the summer!

*i. "The Metabolic Costs of Reciprocal Supersets vs Traditional Resistance Exercise in Young Recreationally Active Adults" by Kelleher et al*

*ii. "Effects of three distinct protocols of fitness training on body composition, strength and blood lactate" by Paoli et al*

---

## Seasonal Food Reminder

Don't forget the benefits of eating seasonal foods - the produce doesn't have to travel or sit in storage for as long, thus reducing the carbon footprint - and you get to enjoy the best tasting food!



*The seasonal vegetables for April:*

broccoli, carrots, cauliflower, chicory, cucumber, kale, leeks, purple sprouting broccoli, radishes, rhubarb, spring onions and watercress

*And the fruits of the month include:*

bananas, kiwi fruit and passion fruit

---

## Recipe: Roast Broccoli Romesco

**Prep:** 10 minutes

**Cook:** 30 minutes

*Serves 4*

- 6 tablespoons peeled\* and toasted almonds (*\* see Step 1 in Method*)
- 1 large or 2 smaller garlic clove
- 1 large or 2 smaller red peppers
- ♦ tsp sweet paprika
- A pinch of chilli powder
- 1/2 tablespoon sherry or red wine vinegar
- 60ml extra-virgin olive oil, plus 1 tbsp for the broccoli
- 1 tablespoon chopped flat-leaf parsley
- 1 head of broccoli, cut lengthwise into 8 pieces, stalk and all
- 1 tbsp unsalted butter
- ♦ lemon
- Salt and freshly ground black pepper

## Method

1. Prepare the almonds: to peel, put them in a bowl and cover with hot water for a minute, then remove them and place in a bowl of cold water. Hold the thick end and peel from the thin end.
2. Preheat your oven to 220 °C.
3. Roast the red peppers for about 20 minutes, and when done, place them into a pot with a lid - this will help the skin come off.
4. Place the almonds in a food processor, along with the peeled and deseeded pepper, the sweet paprika and chilli powder. Blitz until you have fine crumbs.
5. Add the garlic and blitz again, followed by the pepper and vinegar. You're aiming for a thick paste texture.
6. When you get there, slowly pour 60ml of the olive oil into the (still on, very slowly) blender. The sauce should be smooth.
7. Put the sauce in to a bowl and garnish with parsley
8. Put the butter in a roasting dish and melt in the oven for a couple of minutes, then add the rest of the olive oil and the broccoli before squeezing over the lemon juice. Sprinkle with salt and pepper and roast for 15-20 minutes to soften up the broccoli and start to give it some colour.
9. Serve either with the sauce on top, or on the side to use as a dip.

---

Until next time, enjoy staying healthy!

Heather

You are receiving this newsletter for one of the following reasons: (i) you are a current/former/potential client of Fitbiz Training, (ii) you have requested to download a free document/report from our website, (iii) you have signed up specifically to receive it, either by hand or by other electronic means, or (iv) a close friend has informed us you may want to receive it, due to content relevant to yourself. Your address has not been farmed, randomly-generated or sold to us by any other company/agency.

Whatever the reason, this email correspondence is not, and nor should it be treated/reported as spam. If you no longer wish to receive correspondence from Fitbiz Training, please simply reply to this message with the word "unsubscribe" in the subject line, and you will be removed from our list within 24 hours.



© Copyright Fitbiz 2010  
Newsletter Design by [MJSP Solutions](#)