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August 2008 Newsletter

Welcome to August's Newsletter from Fitbiz Training. This month you can enjoy the following regular features:

- [News from Fitbiz Training](#)
- [Exercise Tip: Try Skipping!](#)
- [Seasonal Foods](#)
- [Recipe: Sweet Treat: Fruit Fools](#)

And please remember, as usual, that if you know anyone who might like to receive this newsletter, please forward it on or point them in the direction of the sign-up box [on the website!](#)



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

- First up this month, I have to announce the end of the Introductory Offer. BUT, a new offer takes its place! Until the end of October, for each block of ten sessions you book with me, you will receive a free item of training equipment. Choose from a high-impact mat, a fit ball, skipping rope or resistance band - collect all four and you'll have the basic range of equipment for continuing your programme when I'm not there! The benefit? You'll see your results even quicker!!
- Secondly, huge apologies to anyone who has tried to download anything or email me via the website recently. We've been having serious problems with our hosting provider, Young Expert Ltd, but we've now transferred to a new provider, so hopefully all normal services have been resumed!

Exercise Tip: Try Skipping! [\[back to top\]](#)

Skipping is great low-impact exercise (as long as you stay on your toes), a skipping rope usually only costs around £5 (I can get these for you).

Skipping will improve your co-ordination and fitness levels in a suprisingly short time frame. In the summer you can skip in the shade so as not to overheat!

This is not even mentioning how much FUN it is! Plus you can show off to the kids once you perfect it!

Be warned though - skipping is much harder work than you remember it being when you were at school!

Try this:

Gather your co-ordination by starting off with "double-bounce" skips (i.e. do a bounce between each jump of the rope). Think about your posture - brace your stomach as if preparing for a punch in the stomach, grow tall through your upper body and keep your tail-bone tucked under.

Take care not to jump too far off the ground, stay on your toes the whole time and keep relaxed!

After a couple of minutes, start to pick up the pace so you are moving the rope quicker and only jumping over it (i.e. no bounce between each jump). Do about 10 of these, then return to the double-bounce skips.

Repeat this cycle 3 times.

If you find this too easy, decrease how many double-bounces you do, speed up the quicker bounces, do more of them, and maybe add in a few one-legged skips.

Once you have your balance learn how to do tricks like crossing the rope over in front of yourself and going backwards!

Just 20 minutes 3 times a week will get you well on the track to an improved fitness level - great exercise!

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

August brings blackberries! Go for a walk and pick them, rather than buying from the supermarket! Remember, eating seasonal fruits and vegetables means eating fresher and therefore tastier and more nutritious foods. ♦ On an environmental level, eating seasonally will reduce the CO₂ emissions produced by growing and transporting non-seasonal foods.



The summer vegetables include:



Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, french beans, garlic, mangetout, onions, peas, radishes, rocket, runner beans, tomatoes and watercress

And the fruits of the moment are:

Apricots, blackberries, blueberries, greengages, kiwi-fruit, loganberries, melons, nectarines, peaches, raspberries, redcurrants and tomatoes

Recipe: Fruit Fools [\[back to top\]](#)

With so many yummy berries around at the moment, I thought I'd go for a pudding this month.

This is really easy to make, counts as at least one portion of fruit, and still satisfies that sweet-food craving you get after a meal.

Prep: approx 15 minutes plus about an hours setting time

Serves 4

- 8 tablespoons Creme Fraiche
- Seasonal berries one type or a mixture
- About 2 teaspoons of honey
- Some finely chopped mint leaves, plus some whole leaves to garnish

Method

1. Put your berries into a bowl, using a hand-held blender, blend the berries for a second until they become somewhere between whole berries and a pulp
2. Add the creme fraiche, mint and honey and mix well
3. Pour into cocktail glasses then leave in the fridge for an hour or so before serving with a mint leaf to garnish

Until next time, enjoy staying healthy!

Best wishes,

Heather

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