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August 2009 Newsletter

Welcome to the August 2009 Newsletter, brought to you by the team at Fitbiz Training!

This month the Lifestyle Tip mini-series on "Foods To Avoid In Your Quest For Fat Loss" continues. We also have the last entry from the current client writing the [Diary of Personal Training](#) and a delicious recipe for Broad Bean and Courgette Soup:

- News from Fitbiz Training
- Lifestyle Tip: Foods To Avoid In Your Quest For Fat Loss (2/3)
- Seasonal Food Reminder
- Training Diary Excerpt: 29th July 2009
- Recipe: Broad Bean and Courgette Soup



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!

News from Fitbiz Training

- Hannah, our West Sussex trainer, is starting new regular [Group Training in Horsham](#), to complement the sessions Heather already runs in Haslemere. The new sessions start on **Thursday 13th August at 9.30am** at Tythe Barn, on Pondtail Road just behind Holbrook School - remaining spaces are limited, so [get in touch to claim yours!](#)
- Fitbiz Training now has it's own Twitter page! If you'd like to hear all about the workouts I've been doing, the clients I've been meeting and get some quick and regular exercise and nutrition tips, check out [Fitbiz Training on Twitter!](#)

Lifestyle Tip: Foods To Avoid In Your Quest For Fat Loss (2/3)

Here's the second tip you need in your quest for fat loss. If you're a new subscriber, you can see the first tip in the [July 2009 Newsletter](#).

2. Milk:

Think back to the milk you used to get delivered to your doorstep when you were a child - thick, creamy milk with that bit of cream on top? Have you noticed that you don't get this anymore?

Homogenisation means that the fat in the milk is suspended throughout the milk rather than floating to the top - but why? To increase the shelf life of the milk by as much as 11 days!

I was once told never to eat anything that which would last for more than five days, as the chances of it being over-processed and having additives in it are so high! By breaking up the larger molecules of fat through homogenisation, it has been shown that the body will absorb too much of a substance within the milk that can have a poisonous effect on the circulatory system.

Pasteurisation of milk isn't too great either. It has been noted that the high levels of heat during pasteurisation denatures the otherwise very useful phosphate enzymes within. It also denatures whey proteins in the milk, reducing its nutritional value by 17%.

Pasteurisation also destroys all vitamin C, and up to 38% of vitamin B complex. Much of the soluble calcium is also destroyed - a far more plentiful and valuable source would be vegetables such as spinach, kale or broccoli.

All in all, there's very little benefit to drinking milk anymore, so why bother putting calories into your body which have such few nutrients in, especially if your goal is fat loss! And given that after weaning, so many individuals naturally become lactose intolerant, why torture your digestive system as well?!

Training Diary Excerpt: 29th July 2009

Heather obviously thought I was coping with her previous sessions adequately, so today she increased the intensity of the session! We went through our usual warm up and then went into the aerobic section first with 30 skips 10 squats, 30 skips 9 squats and so on until 1 squat ♦ I do feel I am coping with this so much better but it's still hard work.

We then went into our usual circuit routine but added ♦ hill climbers ♦ after the press ups and renegade rows, plus as an increased pace. It was hard work but really satisfying after 5 lots of circuits!! A relief to get to the cool down and stretching but I felt I had really achieved something today.

I continue to feel great and after staying static with my weight for a few weeks I have now lost another 3 pounds so from starting with Heather I have lost just over a stone and feel great for it!

This is my last diary as I have just started a new job which is taking a lot of my time.

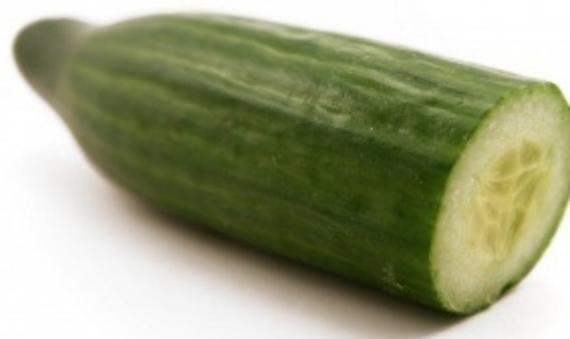
I am ensuring I keep my weekly one to one session with Heather as well as getting to the group work out sessions when I can.

I can only praise Heather for all her enthusiasm and motivation to keep me going which has certainly paid dividends!

[Read more of the Training Diary each week by clicking here](#)

Seasonal Food Reminder

The team at **Gregg's Veg** are continuing their offer for readers of the Fitbiz Newsletter. Simply visit www.greggsveg.co.uk and use the discount code "**5%OFF**" when ordering a family box of fresh, seasonal vegetables - delivered straight to your door!



A reminder of this month's seasonal vegetables:

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, celery, chillies, courgettes, cucumber, fennel, french beans, garlic, leeks, lettuces / salad leaves, mangetout, onions, peas, peppers, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips, watercress

And the fruits of August include:

Apricots, bilberries, blackberries, blueberries, cherries, figs, gooseberries, greengages, kiwi, lemons, melons, nectarines, peaches, raspberries, redcurrants, strawberries

Recipe: Broad Bean and Courgette Soup

A seasonal recipe, which warms too!

Prep: 10 minutes

Cook: 35 minutes

Serves 4

- 1 onion, chopped
- 2 cloves garlic, chopped
- 2 tbsp olive oil, plus an extra splash
- 400g courgettes, grated
- 500ml vegetable stock
- 400g shelled broad beans

- small bunch of mint, chopped
- small bunch of basil, chopped
- sea salt and freshly ground black pepper
- grated parmesan, to serve

Method

1. Saut♦ the onion and garlic in the olive oil for 10 minutes, until soft but not coloured. Add the grated courgettes, cover the pan and sweat for 10 minutes.
 2. Pour in the vegetable stock, add the broad beans and simmer for 10 minutes, until the courgettes and beans are tender.
 3. Season with salt and pepper, then add a splash of olive oil and lots of chopped mint and basil.
 4. Take out a third of the soup, liquidise it until smooth, then stir it back into the pan. Sprinkle with parmesan and serve warm or at room temperature
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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 and is underlined with a long, sweeping red line that extends to the left and then curves back under the name.

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