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Heather Gillam
07967 995416
heather@fitbiztraining.co.uk

December 2008 Newsletter

Welcome to the last monthly newsletter from Fitbiz Training for 2008! This month I've got an extract from one of the articles recently added to the [Reference Section](#) of the website, a lovely pudding suggestion for those of us with a sweet tooth as well as a reminder of the special discount code to use at Gregg's Veg, the online vegetable box delivery shop!

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Merry Christmas to all our readers - I hope you have a wonderful festive season!

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!](#)

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

- The winner of the Training Diary Competition has been drawn out the hat, and the new [Training Diary](#) is now live. Keep your eye on the page to follow real-time progress of a real client to find out what it's really like to train with Fitbiz!
Many thanks to everyone who entered the competition; you should all have received an email with details of the special offers you have earnt.
- There are lots of new articles on the [Reference Section](#) of the website now - including the full series which appeared in the Surrey Monocle discussing how to design your own training program; a lengthened version of the article in the recent Farnham and Haslemere Magazine detailing why you need to eat fat and what the best sources are; and finally an article with hints and tips for surviving Christmas without putting on a dress size! (See below for extract)

Lifestyle Tip: How to Survive Christmas without Putting on a Dress Size! [\[back to top\]](#)

This is an extract of one of the new articles available to download on the [Reference Section](#) of the website.

Tis the season to be jolly ♦ jolly stuffed-full-of-turkey, jolly tired, and jolly hung over. If only there was a way to enjoy Christmas without these seemingly inevitable feelings ♦ and without being accused of being a party-pooper.

Christmas may not be the time of year to lose body fat, but it does not have to be the time of year to lose your health and fitness, and all the hard work you ♦ve been putting into it.

This article has been written to help you make better choices at Christmas and still eat what you fancy, and above all ♦ enjoy yourself! Our festive diets see a huge increase in protein, saturated fat and sugar intakes. At Christmas and New Year, GPs' surgeries are packed with people who have learned that these massive changes in eating and drinking habits lead to heartburn, sickness, diarrhoea or constipation, abdominal pain and bloating. On the ♦average♦ Christmas Day, the average person consumes a whopping 7,000 calories! That♦s almost FOUR TIMES what most people should be eating a day! My personal favourite, Christmas pudding and brandy butter, is about 1,200 calories per portion!

Spending a few days sat on the sofa, eating excessive amounts of food causes the average person to put on 7-9 lbs of body fat, and to lose 3-5 lbs of muscle ♦ leaving your body composition less than optimal. My previous articles in Monocle have discussed the importance of body composition in maintaining a healthy body; if you have an increased mass of muscle, your body will use more fat to ♦maintain♦ the muscle, and hence your body fat percentage will lower, and your body composition will be better. If you eat excess sugar, protein and saturated fat, a lot of it will be stored on your body as fat; when you couple that with sitting and doing very little for a few days, causing your muscle mass to diminish (and therefore require less fat for maintenance) ♦ the problem becomes clear.

It♦s no wonder there are so many people rushing to the gym and putting themselves on ♦detox diets♦ in January!

Follow the tips in [the article currently at the top of the Downloads page](#) for a healthier festive season this year. With a little extra forward planning, you can avoid falling into many of the traps that seem unavoidable at Christmas.

You will need to provide your email address to download the article, but other than that, it's free!

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

There are still plenty of fruits and vegetables in season at the moment, so make sure you fill up whilst keeping CO₂ emissions down!

December's vegetables of choice are:

Beetroot, brussel sprouts, cauliflower, celeriac, celery, chicory, jerusalem artichoke, kale, leeks, parsnips, pumpkin, swede and turnip

And representing the fruits are:

Apples, clemantines, cranberries, passion fruit, pears, pineapple, pomegranite, satsumas and tangerines



Special Offer: 5% Discount at Gregg's Veg [\[back to top\]](#)

The kind people at **Gregg's Veg**, a company owned by Gregg Wallace of Masterchef, which delivers locally grown vegetable boxes throughout the UK, have given a discount code for any reader of the Fitbiz Training Newsletter to receive 5% off their Family and Christmas boxes. Coupled with FREE delivery, it makes for a great value way to receive the freshest seasonal vegetables, to your door!

Visit www.greggsveg.co.uk to claim your discount today and enter the code 5%OFF at the checkout.

Recipe: Baked Apples with Dates & Walnuts [\[back to top\]](#)

This is for those of us who love our puds - a healthy AND sweetly satisfying choice

Prep: 15 minutes

Cook: 1 hour

Serves 4

- 4 Bramley Apples
- 80g mixed dried fruit
- 40g chopped dates
- 40g chopped walnuts
- 4 whole walnuts
- 50g soft brown sugar

Method

1. Mix dried fruit and dates in a bowl
2. Core the apples and cut a line round the diameter of each with a sharp knife.

Mix fruit with chopped walnuts and stuff apples, adding a little sugar as you go. Place in an ovenproof dish. Scatter any left-over mixed fruit around them.

3. Bake in a hot oven (200C, gas mark 6) for 30 mins. Remove from oven and place a walnut where the apple stalk was, sprinkling it with brown sugar, and return to the oven for another 30 mins until the apple is puffed up and marshmallow soft
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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