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February 2009 Newsletter

Welcome to February's newsletter from Fitbiz!

This month I have a special invitation to **drop a clothes size in 28 days!** Scroll down to the Lifestyle tip for more information.

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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](#). When they sign up to this newsletter they will receive a copy of the new Myths of Fat Loss article!



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

- I will soon be launching a Group Training course of **fun and sociable, outdoor exercise**. Taking place in Haslemere, it will be 4 weeks in length, with the first course due to start on 30th March. More details will be published on the website very shortly, and also in next month's newsletter. If you're interested in signing up, [email me to register your interest](#).
- The Myths of Fat Loss article is still available for Newsletter subscribers, so if you didn't request your copy, [do it today!](#)

Lifestyle: Drop a Clothes Size in 28 Days! [\[back to top\]](#)

I'm looking for some testers for my new guaranteed [Drop a Clothes Size in 28 Days program](#). You will get some serious results with this new program - and I'm looking

for some people to help me test how the program will all fit together. The benefit of volunteering will be a 15% discount, taking the price down to £380 instead of £449.

You'll have to be prepared to follow a structured program; tailor-made for you. This initial month's package will give you all the support you need - a full personal coaching service; above and beyond my usual service.

One question I got asked today about this was how I could be sure that you wouldn't just put the size back on after the initial month? The answer, quite simple; because you'll be following a sound program; **no fads** - you'll clean your body out and dramatically increase your overall health. I'm almost certain that you won't want to add any rubbishy foods back into your diet when you're finished, and you'll feel so good exercising that you won't want to stop that either. Try me!

If you want more information, or you want to sign up - just get in touch! I'm happy to come and have a chat to you about it before you make any decisions!

Training Diary: 2nd February 2009 [\[back to top\]](#)

Heather spiced things up today by introducing some new things. Just as I was getting used to the old exercises as well! Actually, it made the workout session more exciting.

The boxing stepped up a pace too with a few new moves and Heather is a fantastic teacher. Luckily, I don't have to remember all the moves as they are named 1, 2, 3, 4, 5, 6, 7 and 8. Much easier to remember than 'hook', 'jab' etc!! Heather said I was hitting her much harder today than last week, which is good!

Heather is very good at targeting the workout to what I personally need. For example, my 'glutes' (ie bottom muscles) don't work properly, so Heather makes sure those muscles are 'engaged' before we start training, and that they work hard during our sessions. My right side piriformis muscle along with my hamstrings are very tight and we work on improving the way my body works. Listen to me - I'm even learning about muscle groups and the muscle names as well! Heather always explains the benefits of each exercise we do, and which muscles they are working.

I continue to be impressed with how much I am improving from week to week, and also over the 2 months that I have been seeing Heather. Whilst I had hoped for this level of improvement over the 2 months, I never actually believed I could achieve it.

[Follow the Training Diary each week by clicking here](#)

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

February's Vegetables are:

Brussels sprouts, cauliflower, celeriac, chicory, jerusalem artichoke, kale, leeks, parsnips, rhubarb, swede

And the fruits are:

Bananas, blood oranges, kiwi fruit, lemons, oranges, passion fruit, pears, pineapple, pomegranate

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 box. 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: Kale, Lentil & Pepper Stirfry [\[back to top\]](#)

Bear with me on this one; I know kale isn't at the top of most people's favourite vegetable list, but it's a great source of calcium! This dish is a brilliant quick dinner - it's great on its own, or you could serve it with some wholegrain rice if you wanted.

Prep: 10 minutes

Cook: 10 minutes

Serves 4

- 350 g kale with the stalks removed, and leaves shredded
- 1 red pepper halved, cored & deseeded
- 1 onion, thinly sliced
- 2.5 cm piece root ginger, peeled and grated
- 2 tablespoons sunflower oil
- 2 tablespoons sesame oil
- 1 garlic clove peeled and crushed
- 400 g lentils, soaked and ready to use
- 2 tablespoons sesame seeds, toasted

For the sauce:

- 1 teaspoon dark soy sauce
- 1 tablespoons chilli sauce
- 3 tablespoons water
- 1 teaspoon lime juice

Method

1. Mix all the sauce ingredients together in a bowl
2. Blanche the kale and then drain

3. Heat the sunflower and sesame oils in a wok or deep frying pan. When hot, stir-fry the pepper, onion, ginger and garlic over a high heat for 3 minutes
4. Add the kale together with the lentils and sauce. Stir well, cover and cook over low heat for 3-4 minute until the vegetables are tender
5. Scatter over the sesame seeds and serve immediately

Recipe taken from Abel & Cole

Until next time, enjoy staying healthy!

Best wishes,



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