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February 2010 Newsletter

A big welcome to the February's newsletter from all the team at Fitbiz Training!

This month's edition includes a look at how to eat out without ruining all your hard work:

- News from Fitbiz Training
- Lifestyle Tip: Eating Out
- Seasonal Food Reminder
- Recipe: Steak and Winter Vegetable Stew



Remember, we love hearing [any feedback you have](#), so please get in touch if you have any comments or questions! And don't forget to share the newsletter with any friends who may also be interested in getting fitter and healthier!

News from Fitbiz Training

- You might have noticed our **new team photograph** (above), along with the [individual pictures of the team](#) on the website. Those of you who train with Heather will also now have met the latest unofficial team member, "**Monty**"!
 - Heather has recently developed a new **grading system for the team**, to assure old and new clients alike that their trainer is continually learning the latest methods and techniques, championed by Heather, in order to deliver the best possible service. Find out more on the [About Us](#) page of the site.
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Lifestyle Tip: Eating Out

My one to one clients tend to agree that the most difficult time to stick with a good nutrition plan is when going out for dinner. There's that awkward balance between enjoying yourself and having a bit of what you fancy, and not completely blowing

your hard work with your nutrition and training up to this point.

Here are a few tips for getting the balance about right.

1. **Wine or pud?** We know what sugar does to our waistline; so decide in advance whether you're going to have a glass of wine, or a pudding. If you choose the wine, don't even look at the pudding menu - it'll point out what you're missing; whereas setting your expectations in advance leaves you under control.
2. If you choose a pudding, don't go for the sticky toffee pudding with custard option - **choose something with very few ingredients**; don't go the whole hog!
3. Ask the waiter **not to bring the bread** they would usually give you to eat while you choose what you're going to eat - olives are still on the menu though!
4. Pick starters which **aren't fried, battered, covered in mayonnaise** or served with some sticky sort of sauce
5. Choose a main course which **you wouldn't cook at home**, but choose fresh sounding sauces - ones based with vegetables rather than cream, ones not made with lots of meat or processed meat (like sausages) and don't go for fried rice or salads with fancy dressings

Seasonal Food Reminder

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

We are currently in the process of negotiating some **new, even better offers**, so watch this space!



The seasonal vegetables for February:

Beetroot, brussels sprouts, carrots, cauliflower, celeriac, celery, chicory, horseradish, jerusalem artichoke, kale, leeks, parsnips, purple sprouting broccoli, radishes, salsify, swede, and turnips

And the fruits of the month include:

Apples, blood oranges, clementines, kiwi fruit, passion fruit, pears, pineapple, pomegranate, rhubarb, satsumas and tangerines

Recipe: Steak and Winter Vegetable Stew

This is a quick, easy and healthy dinner which can also be served up for lunch the next day.

Prep: 10 minutes

Cook: 30 minutes

Serves 4

- 1 tablespoon olive oil
- 1 clove garlic
- 1 onion - sliced
- 1/2 swede - cubed
- 2 parsnips
- 4 medium carrots
- 500g stewing steak - diced
- 50g pearl barley
- 1 tsp dried thyme

Method

1. Fry the onion, garlic and veg in the olive oil over a medium heat for 5 minutes
2. Add the steak and thyme and fry for another for 2 minutes
3. Pour in enough water to half cover the veg
4. Add the pearl barley and season
5. Cover and cook in the oven at 150 degrees for about 30 minutes or until the veg is cooked through

Until next time, enjoy staying healthy!

Heather



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