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January 2010 Newsletter

A big welcome to a **brand new decade** and the latest newsletter from Fitbiz Training!

This edition includes:

- News from Fitbiz Training
- Lifestyle Tip: Make The Most Of A Snow Day!
- Seasonal Food Reminder
- Recipe: Leek and Fish Pie



Would you like to help a friend or family member stick to their New Year resolution? Why not forward them this email, or get them to [sign up to the Fitbiz Training newsletter](#) on the website!

News from Fitbiz Training

- Last week's **48 hour sale** is now complete; there was much interest and a very pleasing take-up from people keen to action their "*get fit, keep fit*" plans. An ever-expanding client base - all of whom continue to achieve great results - means we are now looking at bringing a *fifth* member onto the team in the next month or so!
- I am pleased to report that I have been asked to write for yet another regional magazine, and also to stand on their expert Q&A panel. [etc](#) is a lifestyle magazine covering Sussex and Hampshire, and also available to read online. My first article and Q&A will feature in the February issue.

Lifestyle Tip: Make The Most Of A Snow Day!

The snow has interrupted most of our lives so far this month, and it looks like we're set for more soon. I love it, even



though I couldn't get my car out for a couple of days!

However, in order that the snow doesn't disrupt your workouts - I've come up with some appropriate workout ideas for you.

You can do all these on your own, with friends or the kids; apart from number 3, which needs a couple of people:



1. **Snowball Race!**

Draw two lines in the snow and get everyone behind one of them. Set a timer for about 5 minutes and make a "standard" snowball, so there's no cheating!

Each person makes a snowball, and runs to the opposite line as fast as they can. Depending on how deep your snow is, this might not be quick, but will still be hard work! They drop the snowball, then return to the start and repeat until the time is up. The person who has moved the most snowballs

This is very effective interval training - as you're working hard, then resting for a short amount of time.

2. **Jump Challenge!**

Draw a line in the snow, and see how far you can jump! Prepare to be surprised if your snow is deep - this is really hard work!

Compete against a friend, or the kids!

3. **Dodge Snow-Ball!**

Draw a line in the snow, this is the division between two teams.

Everyone in each team makes a snowball and throws it at the people in the opposite team.

If you get hit below the knee you do 10 jumping squats (take care to keep your back straight, heels down and knees over your middle toes); if you get hit on the thighs you do 10 star jumps

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!

The seasonal vegetables for January:



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

And the fruits of the month include:

Apples, clementines, lemons, oranges, passion fruit, pears, pineapple, pomegranate, satsumas and tangerines

Recipe: Leek and Fish Pie

A warm and healthy comfort food, perfect for these long winter nights!

Prep: 35 minutes

Cook: 20 minutes

Serves 4

Ingredients:

- 745ml milk (use oat milk if you prefer)
- 740g cod or haddock fillet
- 3 leeks
- 50g butter
- Bunch parsley, chopped
- 3 tablespoons cornflour
- 3 gherkins, chopped
- 250g peeled prawns
- 8 anchovy fillets, chopped
- 12 capers, chopped
- 3 potatoes, mashed (or sweet potatoes)

Method

1. Preheat oven to 180°C
2. Place the milk in a large pan, and when it starts to boil, add the fish. When the milk starts to rise, lower the heat and leave to simmer until the flakes come apart easily (6-7 minutes).
3. Remove the fish from the milk, and put in a bowl.
4. Remove the skin and bones from the milk, and put aside.
5. Cut the leeks into about 1/2 inch rounds, and rinse thoroughly.
6. Melt butter in a pan and cook the leeks for about 20 minutes until they soften, then add the cornflour and the milk the fish was cooked in. Bring to the boil.

7. Once the sauce has started to thicken, add the anchovies, capers and gherkins then simmer for 5 minutes.
 8. Add the prawns, stir and season as required.
 9. Transfer the mixture to a pie dish, then top with the mashed potato.
 10. Cook in the oven until the top browns, about 20 minutes.
 11. Serve with peas.
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Until next time, enjoy staying healthy!

Best wishes,



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