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## January 2009 Newsletter

Welcome to 2009! How is it going?

I hope you have all implemented the goal setting process that I emailed to you; please let me know you're getting on, and if you need any help!

I really want to encourage you to get in touch with me more often to let me know what you're thinking, or just to say hi! Don't be shy - I love to hear from you!

The first newsletter of 2009 features a sneak preview of a new article that has just been released, as well as all the regulars!



- [News from Fitbiz Training](#)
- [Lifestyle Tip: Sneak Preview of The Myths of Fat Loss](#)
- [Training Diary](#)
- [Seasonal Foods](#)
- [Special Offer: 5% Discount at Gregg's Veg](#)
- [Recipe: Beetroot & Avocado Salad with Spinach](#)

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

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

- As Christmas is now a distant memory, we've had to take the festive hats off the Fitbiz logo, but the website has had a refresh over Christmas. As well as the content being refreshed, the "Contact Us" page has a Windows Live Messenger box - meaning that, provided I'm online, you can contact me immediately via the website and we can have an online chat!
- I've just finished working on a new article called "The Myths of Fat Loss". The article is going to be sent free to anyone signing up to receive my newsletter,

so please let all your friends know about it, and help them take the first step to achieving their fat loss goals! If you would like a copy of the article to say thank you for reading my newsletter, please [let me know](#) and I'd love to send it to you! See the Lifestyle Tip for a sneak preview!

- Installments of the Training Diary are now going to be included within this newsletter - scroll down for the first!

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### Lifestyle Tip: A Sneak Preview of The Myths of Fat Loss [\[back to top\]](#)

If I only manage to achieve one thing, it will be to dispel some of the rumours surrounding exercise, nutrition and fat loss so more people can enjoy the benefits of good and effective exercise. As noted above, anyone signing up to the newsletter will receive a free copy of this article. You can request your own by [getting in touch!](#)

#### Myth One

Lots of aerobic exercise is the only way to burn fat. Always exercise in the **fat burning zone** for at least 30 minutes you should be able to hold a conversation while exercising

#### The Truth!

Excessive aerobic exercise, as a means of fat loss, is very inefficient. By training for long periods in this **fat burning zone**, two things are happening:

Firstly: In this zone about 80% of the calories you are burning may well be fat.

Let's say that over 30 minutes, you might have burnt 150 calories. Imagine we now work a little harder and move out of the fat burning zone. Over about 15 minutes you can probably burn the same amount of calories. Only 60% of them will be fat, but you're burning more calories, quicker

Secondly: Just as you are what you eat; you are what you do. If you train your body to burn fat as the primary source of fuel your body will become better at storing fat so next time you exercise in this **fat burning zone** you have enough fat to burn.

For the type of general fitness most people are looking to achieve, long periods of aerobic exercise is very inefficient either.

You are what you do. You do long duration, slow exercise, you become slow and able to only function in long durations. This poses a problem if you need to move quickly!

*To read more of this article, including the truths about the following myths, [get in touch](#) and request a copy of the full article! Remember that your friends and family may also receive a copy of the article by signing up to receive this newsletter:*

#### Myth Two

Eat as little as possible particularly fat. This will encourage your body to use the

spare tyre round your waist for energy.

### **Myth Three**

Focus on the calories you burn DURING exercise, not after

### **Myth Four**

Situps are the best way to tone your stomach

### **Myth Five**

You have to go to the gym to burn fat, and you must do the same workout each time

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### **Training Diary: 29th December 2008** [\[back to top\]](#)

A chilly 8am session today, which left me feeling really good at the end.

The session took the format of a circuit of exercises broken up with bursts of aerobic exercises. Skipping outside at 8.15am is a very good way of warming up! I was pleased that I can now skip for twice as long after just 3 sessions ♦ amazing.

I am also gaining confidence on the trampette ♦ my least favourite of all the activities - however, I am starting to see the results and am becoming steadier on the thing.

One target for me is to increase my core muscles and I am starting to notice that I feel much steadier on my feet and also through my whole body. I am more aware of how I slouch and am able to correct it when I notice it.

As always, I felt very refreshed at the end of the session and more energetic than I had beforehand.

Follow the [Fitbiz Training Diary](#) each week on the website!

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

This months fruits and vegetables are much the same as last months:

*January's Vegetables are:*

Beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, jerusalem artichoke, kale, leeks, parsnips, potatoes, rhubarb, swede, turnip

*And the fruits are:*

Apples, clementines, kiwi fruit, lemon, oranges, passion fruit, pears, pineapple, pomegranate, satsumas, tangerines

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### 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](http://www.greggsveg.co.uk) to claim your discount today and enter the code 5%OFF at the checkout.

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### Recipe: Beetroot & Avocado Salad with Spinach [\[back to top\]](#)

A lovely light lunch, perhaps serve with couscous, quinoa or bulgar wheat to keep you going all afternoon!

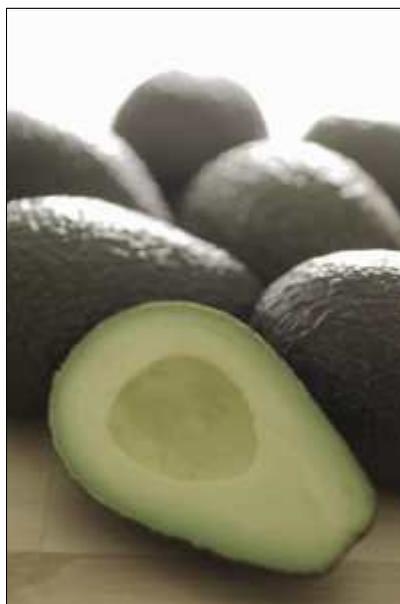
Do you ever try my recipes? Please [let me know](#) how you get on!

**Prep:** 5 minutes

**Cook:** 10 minutes

Serves 4

- 1 bunch beetroot
- 250g spinach
- 1 avocado
- 2 tbsp walnut oil
- freshly ground black pepper
- 1 small red onion, minced
- 1 tsp olive oil
- splash red wine vinegar
- salt



### Method

1. Wash the beetroot and cut off any leaves. Discard any bruised or yellow leaves and soak the remaining leaves in a basin of cold water with the spinach
2. Steam the beetroot until they can be pierced easily with a skewer, then gently rub off the skins with your fingers
3. Slice the beetroot thickly and put into a separate bowl
4. While the beetroot is still warm, sprinkle half the walnut oil into each bowl and add a little pepper

5. Saut  the onion in the oil in a small pan for 2 minutes and divide between the beetroot
6. Shake over the red wine vinegar and taste for salt and sharpness
7. Gently dry the salad leaves and arrange on a flat platter
8. Peel and slice the avocado and arrange it among the greens
9. Combine the beetroots gently and quickly tumble over the leaves with all the juices

*Recipe taken from The Cook s Companion by Stephanie Alexander*

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Until next time, enjoy staying healthy!

Best wishes,



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