

Problems reading this email? Try <http://www.fitbiztraining.co.uk/newsletters/200807.htm>



Heather Gillam
07967 995416
heather@fitbiztraining.co.uk

July 2008 Newsletter

Welcome to July's Newsletter from Fitbiz Training. This month you can enjoy the following regular features:

- [News from Fitbiz Training](#)
- [Exercise Tip: Benefits of Summer](#)
- [Seasonal Foods](#)
- [Recipe: Roasted Courgette & Aubergine](#)

And please remember, as usual, that if you know anyone who might like to receive this newsletter, please forward it on or point them in the direction of the sign-up box [on the website!](#)



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

- Have you had a look at the new Training Diary yet? Follow my client through her training to get an idea of what it's like to train with me, and read her **real-time development** and results: www.fitbiztraining.co.uk/trainingdiary.php
- If you regularly use a gym ♦ are you getting the results you want? Why not try Distance Training with Fitbiz ♦ you♦ll get a tailor-made exercise program to follow on your own in the gym, so you know that you are going to achieve what you want to achieve, and get all the support you need!
- If you haven♦t used Fitbiz yet, take the opportunity of a free telephone consultation to discuss your health and fitness goals, and how we can achieve them together. Just call whenever it♦s convenient to you!

Exercise Tip: Benefits of Summer [\[back to top\]](#)

With the weather at last looking more appealing it's a great time to get outside and get active!

Being outside is good for you - here are some reasons why it is so good to be outside:

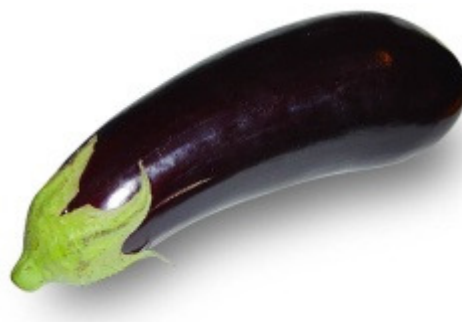
- The fresh air and sunshine gives our mood and energy levels a boost
- The sun is a great source of vitamin D, which allows us to absorb calcium
- It's much better to be active outside, rather than in a gym where the air conditioning is circling germs around
- Doing activities on different terrains provides more of a challenge to your body, meaning your muscles and joints stabilise themselves more effectively, making your body stronger
- Walking, cycling or even jogging up and down hills, uneven surfaces, grassy paths, stony paths, sandy beaches all increase the challenge to your body, meaning your fitness gets better, faster
- Being outside in nice weather is a great excuse to take up a new activity - play frisbee with the kids (not literally!), go swimming (the outside area of the Pavillions in Horsham is lovely), play tennis, cycle (Loxwood canal is beautiful this time of year, as is the Downs Link) or go for a family walk.

The point is, fitness doesn't have to be limited to the gym, and you don't have to perceive it as exercise for it to be good for you!

So, come on, it's time to get out and enjoy what little we have of the Great British Summertime!

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

The good news is that there are loads of seasonal foods for July! Remember, eating seasonal fruits and vegetables means eating fresher and therefore tastier and more nutritious foods. ♦ On an environmental level, eating seasonally will reduce the CO₂ emissions produced by growing and transporting non-seasonal foods.



The summer vegetables include:

artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, French beans, garlic, mangetout, new potatoes, onions, peas,



radishes, rocket, runner beans, sorrel, spring onions, turnips and watercress.

And the fruits of the moment are:

apricots, blueberries, cherries, gooseberries, kiwi fruit, melons, raspberries, redcurrants, strawberries and

tomatoes.

Recipe: Roasted Courgette & Aubergine [\[back to top\]](#)

This dish is lovely served with couscous or bulgur wheat for lunch.

Prep: approx 10 minutes

Cook: approx 15 minutes

Serves 3-4

- 1 aubergine, cut into strips lengthways
- 2 medium courgettes, cut into 1/2 inch pieces
- 1 red onion, peeled and sliced
- 2 cloves garlic, peeled and halved
- Olive oil

For the dressing:

- 6 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 clove garlic, peeled and crushed
- Chopped fresh basil and parsley to taste

Method

1. Preheat the oven to 220°C.
 2. Arrange the vegetables and garlic in a single layer in a roasting tin and brush with some olive oil.
 3. Bake in the oven until they soften.
 4. Remove from the tin and place in a dish.
 5. Mix together the ingredients for the dressing then pour over the vegetables.
 6. Leave to marinate for at least 30 minutes, then serve.
-

Finally, a reminder that the Introductory Package of 4 one-to-one Personal Training sessions for **only** ♦70 is still available. ♦Don't miss out - get in touch today!

In the meantime, have fun staying healthy!

Best wishes,



You are receiving this newsletter for one of the following reasons: (i) you are a current/former/potential client of Fitbiz Training, (ii) you have requested to download a free document/report from our website, (iii) you have signed up specifically to receive it, either by hand or by other electronic means, or (iv) a close friend has informed us you may want to receive it, due to content relevant to yourself. Your address has not been farmed, randomly-generated or sold to us by any other company/agency.

Whatever the reason, this email correspondence is not, and nor should it be treated/reported as spam. If you no longer wish to receive correspondence from Fitbiz Training, please simply reply to this message with the word "unsubscribe" in the subject line, and you will be removed from our list within 24 hours.



Premier Training International
qualified trainer

♦ Copyright Fitbiz 2008
Newsletter Design by [MJSP Solutions](#)