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## July 2009 Newsletter

A warm welcome to the July 2009 Newsletter - delivered fresh from the team at Fitbiz Training!

This month we continue our focus on the all-important subject of food, with the start of a Lifestyle Tip mini-series on "Foods To Avoid In Your Quest For Fat Loss". There is also an interview with Fitbiz's newest team member, Linn Andersen, and the latest entry from the weekly [Fitbiz Training Diary](#):



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As ever, please [let us know any feedback](#) you may have on the newsletter, and if you enjoy it, why not share it with family or friends?

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

- As demand increases for the great results clients consistently achieve while working with Fitbiz Training, I'm really lucky to be growing a great team. Linn is the second new addition so far; she will be covering Guildford, Godalming, Haslemere and the surrounding areas. Included in this newsletter is an interview with Linn to help you get to know her - and look out for articles written by both her and Hannah over the next few months!
- The [Fitbiz Training 28 Day Challenge](#) is proving to be both popular and hugely successful:
  - One client who recently completed the program lost a massive **5.2kg** over the period, along with a huge 5.25 inches from her middle!

- Another client is 2 weeks into her challenge and has so far lost 1.5kg and a total of 8.75 inches from her body, including 3.5 inches from her middle!

Would you like to achieve results like this? Get in touch today and you too can **look fantastic** on the beach this summer!

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### Interview with new team member, Linn Andersen [\[back to top\]](#)

Since welcoming Hannah to the team in April, we're very pleased to announce the arrival of a third trainer, Linn. To help you get to know her better, we've included a short interview below:

#### 1. **Where do you call home?**

Home is where the heart is! I've lived In Norway, Belgium and now of course England, and I've found as long as you are happy with who you are, home is anywhere you want!

#### 2. **Why did you decide to become a personal trainer?**

I wanted to become a PT because I love to keep active and office jobs do not agree with me! My mum is also a PT, so she is a huge positive influence!

#### 3. **What fields do you specialise in?**

I specialise in muscle toning (specifically free weights), endurance training (running and spinning), core development and post-injury exercises (having injured my knee myself!).

#### 4. **What do you feel about the chance to work with Heather and Fitbiz?**

Working for Heather and Fitbiz Training is an amazing opportunity for myself. Having just completed my Premier Training course, it's all very daunting and scary! Heather has given me endless support and is superb a mentor, guiding me into the world of Personal Training!

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### Lifestyle Tip: Foods To Avoid In Your Quest For Fat Loss (1/3) [\[back to top\]](#)

#### 1. **Wheat:**

In it's processed form, wheat almost becomes sugar - the number one enemy for fat loss!

Many people are intolerant to processed wheat flour meaning that they suffer symptoms which can interfere with the digestion of other foods. This often leads to the storage of a huge amount of extra water into the system as the body tries to water down the effect of the wheat.

For this reason, skip wheat in all forms while you're trying to get in shape, and add it

back in small amounts in order to monitor its effect on your body.

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### Seasonal Food Reminder [\[back to top\]](#)

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

*A reminder of this month's seasonal vegetables:*

Artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, french beans, garlic, lettuces / salad leaves, mangetout, onions, peas, radishes, rhubarb, rocket, runner beans, spinach, spring onions, turnips, watercress, wild mushrooms, wild nettles

*And the fruits of July include:*

Apricots, blueberries, cherries, chillies, elderflowers, gooseberries, greengages, kiwis, lemons, melons, oranges, peaches, raspberries, redcurrants, strawberries, tomatoes

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### Training Diary Excerpt: 23rd June 2009 [\[back to top\]](#)

Feeling rather tired today, I knew this was going to be a tough session to get through.

Heather could see I was feeling a bit stiff and tired from a busy weekend of eventing and working at Silverstone, so she ensured I did all the warm up exercises thoroughly, and gradually I began to feel I could bend and move more easily.

I coped with the circuits much better than I thought but I was dreading the pyramid of the skipping and squats, but it did get easier and I felt very pleased that I got through it all.

We then concentrated on core work, which Heather made more difficult and I could really feel my stomach having to work really hard!

Another great session!

[Read more of the Training Diary each week by clicking here](#)

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## Recipe: Thyme Roasted Beets [\[back to top\]](#)

This recipe makes a slightly healthier but enjoyable change from pickled beetroot!

**Prep:** 10 minutes

**Cook:** 1 hour 45 minutes

*Serves 4*

- 1kg raw beetroots
- Salt and freshly ground black pepper
- 1tbsp fresh thyme leaves
- 70-80ml olive oil
- A good knob of butter

### Method

1. Boil the beetroot for about an hour, until tender
  2. When they are cooked and cooled, remove the skins by rubbing them off with your hands (wear rubber gloves to prevent red stained hands!) and cut the beetroot into even-sized chunky wedges
  3. Roast the beetroot in a roasting tray with olive oil and seasoning for about 30 minutes at 200°C
  4. Stir in the thyme and return to the oven for another 15 minutes
  5. Add the butter, stir well, and serve
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Until next time, enjoy staying healthy!

Best wishes,



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