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August 2010 Newsletter

Welcome to August's edition of the monthly newsletter from Fitbiz Training. This month, we're going to talk about the effect of stress on fat loss, and give you a delicious recipe to use up all those tomatoes and courgettes which have suddenly ripened in the garden!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: The Effect of Stress on Fat Loss](#)
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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](#) - remember they'll get a free copy of my article Myths of Fat Loss when they subscribe!



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

- We had our new photos taken for the new website this week. We laughed our way through the afternoon with [Michel from Focard](#), and the photos he took for us really are super. We're hoping the new site with our new mug-shots will launch in the next couple of weeks!
- Haslemere's ONLY [guaranteed drop-a-clothes-size Bootcamp](#) will re-start on the **13th September**. The first month saw participants melting massive amounts of fat, including one lady who lost **FOURTEEN INCHES** during the program! [Book your space](#) now if you want results like this!
- I've been working on something totally new and very exciting for our clients lately. All will be revealed in the next couple of months, but be prepared; this is going to rocket-launch your results! No one else has tried this before; and I really can't wait to release it!

Lifestyle Tip: The Effect of Stress on Fat Loss [\[back to top\]](#)

Those of who who came along to our [free fat loss seminar](#) back in June will remember us discussing how lifestyle is the most important factor in your quest for fat loss. Current research is showing that lifestyle is even more important than nutrition, which has been known to be more important than training for quite some time.

The fact is that if we add a tough training program to an already stressful lifestyle, we are most likely doing more harm than good.

Your body is likely to be stressed from various day-to-day stressors. Most you can control, others you might not be able to. You might be left feeling exhausted (stressed and tired) or buzzing (stressed and wired) but either way, when we're stressed, our bodies produce a hormone called cortisol. This is the hormone that allowed us the "fight or flight" response in our cave-man days, but now, most things which cause the stress response don't require any physical response, just a mental one.

When this cortisol is produced and left in our systems, it makes us more susceptible to illness, as well as making our bodies hold on to fat like there's no tomorrow. If you store fat on the centre of your stomach, this is fat from storing excess cortisol.

No matter how hard you train on top of a stressed lifestyle, you will not lose weight.

Here's how we go about reducing your stress levels:

- Read fiction - for about half an hour every night
- Take a bath a few times a week
- Take up meditating
- Sleep more!
- Make sure you control everything you are able to control which is causing your body stress - including your diet
- Train in a way which does not stress your body. Opt for regenerating exercise - a nice walk (or even a jog) in the countryside, or a training program which focuses on bringing your body back to the way it wants to be, not a program which puts excess stress on your system to try and force a response, because it will have the opposite effect.

You might find taking these steps alone give you better results than anything else you've ever tried - purely because of the stress relief your body is feeling.

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

There are still loads of fresh fruit and veg around at the moment; enjoy them before they're gone!

Vegetables around in August are:

Artichokes, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, french beans, garlic, mangetout, pak choi, peas, runner beans, watercress

And August's fruits are:

Blackberries, cherries, raspberries, redcurrants, strawberries, tomatoes

Recipe: Tomato, Courgette & Crab Pasta [\[back to top\]](#)

This is a slightly adapted recipe which came with my veg box a couple of weeks ago. I've made it a few times, and it's delicious - really summery and fresh. You can make it without the crab if you wish.

Prep: 5 minutes

Cook: 15 minutes

Serves 4

- One or two pots of white crab meat
- Rice pasta
- Punnet of cherry tomatoes, halved
- 1 courgette, cubed
- 2 cloves garlic
- 1 red chilli (or to taste)
- 1 lime
- Handful fresh coriander
- Olive / coconut oil
- Handful watercress, to serve

Method

1. Cook the pasta
 2. Heat your oil in a pan, then add the tomatoes, courgette, garlic and chilli and fry until soft
 3. Add the pasta to the pan, add the crab meat, coriander, the lime zest and juice
 4. Stir through for a minute or two until warmed through
 5. Serve with a big handful of watercress on top
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Until next time, enjoy staying healthy!

Best wishes,

Heather

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