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## June 2008 Newsletter

Welcome to June's Newsletter from Fitbiz Training. There are lots of new readers this month; I hope you all enjoy it! As always, if you have any suggestions or comments please get in touch!

This month features the following delectable treats for your visual consumption!

- [News from Fitbiz Training](#)
- [Exercise Tip: Stretch!](#)
- [Seasonal Foods](#)
- [Recipe: Artichoke Bruschetta](#)



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!](#)

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

- Ten Steps to a Healthier You has been printed in the current issue of Surrey Monocle ♦ I am now going to be writing a monthly double-page article for them, so keep an eye out!
- Fitbiz has donated a raffle prize of 2 one-to-one Personal Training sessions with a health & fitness assessment and nutrition advice session, to the Loxwood school fair on the 20th June. It's on between 6pm and 9pm, come down for your chance to win!
- Fitbiz has also donated a silent auction prize to the Mark Davies Injured Riders Fund celebrity polo day at Cowdray Park on the 22nd June. Hopefully the sun will be shining and will make this an even better day ♦ I'm looking forward to seeing some of you there!
- The new [Training Diary](#) is on the site. 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.

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### Exercise Tip: Stretch! [\[back to top\]](#)

Why? Because it's the most frequently neglected component of fitness. Today, so many people spend a large amount of the day sat down – driving, at their desk at work, watching TV in the evenings –

Having your knees, hips and elbows constantly bent causes your muscles to adapt themselves to the shortened shape – meaning you become stiff and sometimes sore; particularly in the hip and the chest. Poor posture is also very often responsible for back pain.

I can fully assess your range of motion; advise you on any tight muscles you have and provide advice on what flexibility training to do to correct the tightness or imbalances, just mention this when you call for your **free phone consultation!**

Regular exercisers also benefit greatly from flexibility training as it can reduce your risk of injury; improve your performance in your chosen activity and help to decrease muscle soreness after exercise.

It is important to stretch only the muscles that need stretching, and if you spend a lot of the day sitting down, try these two stretches three times a week and feel the difference!

#### Hip Flexors:

Lean forward onto your front leg to feel the stretch at the inside top of your thigh (almost knicker-line), hold until the feeling of stretching goes.



#### Chest:

Bend your arm to 90 degrees and hold it on a wall, with your elbow level with your shoulder. Gently turn away from the wall, still leaving your arm on it, and feel the stretch just in front of your underarm. Again, hold until the feeling of stretching goes.

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

Eating seasonal fruits and vegetables



means eating fresher and therefore tastier and more nutritious foods, and also supporting the local economy. ♦ On an environmental level, eating seasonally will reduce the CO2 emissions produced by growing and transporting non-seasonal foods.



*This month's seasonal fruits and vegetables are:* artichoke, asparagus, aubergine, broccoli, carrots, courgettes, fennel, mangetout, peas, radishes, rhubarb, rocket, runner beans, spring onion, turnips, watercress, cherries, elderflowers, kiwi fruits and strawberries.

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### Recipe: Artichoke Bruschetta [\[back to top\]](#)

This makes a lovely lunch, or light dinner.

**Prep:** approx 15 minutes

**Cook:** approx 5 minutes

*Serves 4 - you could serve this with a watercress and rocket salad*

- 8 slices wholegrain bread (cut a bit thicker than you get in a ready-sliced loaf)
- Little olive oil
- 55g black olives, chopped
- 55g grated parmesan
- 2 tbsp pine nuts, toasted
- 100g roasted artichokes
- Small handful fresh parsley, chopped

### Method

1. Rub the bread with the olive oil and griddle for 2-3 mins each side.
2. In a bowl, mix together the chopped black olives and artichokes. Spread this over the griddled bread.
3. Sprinkle with the grated parmesan, pine nuts and parsley.
4. Serve immediately.

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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,

Heather

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