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**Heather Gillam**  
**07967 995416**  
**heather@fitbiztraining.co.uk**

## June 2009 Newsletter

A warm welcome to the June 2009 Newsletter, fresh from the team at Fitbiz Training!

This month we have a big focus on food, with a some tips on healthy snacking and a great summer recipe for the BBQ. There is also an interview with new Fitbiz team member, Hannah Smith, and an excerpt from the latest [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 forward it on to family or friends?

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

- Father's Day takes place this year on 21st June. If you haven't yet found the perfect gift for your dad, why not treat him to a [Fitbiz Training Gift Voucher](#)? Gift Vouchers are redeemable against any of our services, from postural assessments or nutrition advice (including [Bio-typing](#), to full health and fitness consultations and [One-to-One Personal Training packages](#). Get in touch to [order your gift voucher today!](#)
- I am still regularly updating the [Fitbiz Training Facebook page](#) with lots of interesting weblogs and articles for your consumption! Recent features include the truth about soy, and why it's so important *what* you eat, not the number of calories you eat.
- A friend of mine, Andy Attwood, from Great Expectations, is launching a **new coaching group for self-employed people** who want to increase their

income. I have personally experienced Andy's coaching, and whole-heartedly recommend him to everyone. If you want to learn how to radically boost your confidence and motivation in your business, and how to get it right, then give Andy a call on 01420 488852 to find out more. Mention Fitbiz throughout June, and he'll give you a **10% discount** on his fees!

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### **Interview with new team member, Hannah Smith** [\[back to top\]](#)

After her first month, recent addition to the Fitbiz team, Hannah Smith, has now settled in and is doing a great job. To help you get to know her better, we've included a short interview below:

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

I grew up in South East London but for the last seven years I have lived in Brighton and absolutely love it.

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

I originally started exercising for myself four years ago and really enjoyed it. I was unhappy with my own weight and started to exercise as a way to combat it and lost two stone through good food and exercise. It had such a positive effect on my figure and on my self esteem that I decided I wanted to do this for a job as exercise and keeping fit was something I enjoyed doing in my spare time. I also love working alongside people and thought as a Personal Trainer I could combine these two strengths.

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

I specialise in fitness and weight loss and have experienced this amazingly in my own life. I also have a special interest in pre and post natal clients. I know through many friends that while pregnancy can be a wonderful time in your life, the body undergoes a lot of transitional stages and it is important to look after yourself during and after pregnancy in a sensible and effective way. I also specialise in sports massage therapy as part of the service I offer.

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

It is a fantastic opportunity!. As a freelance personal trainer, from the offset you think you will have to work on your own but being able to work with Fitbiz Training and with Heather who is well experienced and fun to be with is such a blessing. I'm looking forward to learning more and gaining more and more job satisfaction as people benefit from positive exercise programs.

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### **Lifestyle Tip: How To Snack Healthily!** [\[back to top\]](#)

Energy boosting, healthy snacks - try these ideas mid-morning and mid-afternoon to keep yourself satisfied and not reaching for the biscuits at 3pm in a vain attempt to keep yourself awake!

**The "Easy" One:** Buy a pot of organic hummus from the supermarket and some ready-cut carrot battons and dip away

**The "Prepare in the Morning" One:** Mash up one avocado (baby hass are great) with 1/2 a clove of garlic, some lemon juice and two finely chopped cherry tomatoes. Dip carrot, pepper, celery and cucumber sticks. Put the stone back in the pot with your homemade "guacamole" and it'll stop it turning brown so quickly.

**The "Make it Fresh" One:** blend one banana with some oat milk and a spoonful of smooth peanut butter - this is really sweet and delicious.

Each of these should take you maximum 5 minutes to prepare, and will give you a great energy boost and top you up on vitamins and minerals too!

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

The team at **Gregg's Veg** have extended their offer to 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:*

Asparagus, broad beans, aubergine, broccoli, carrots, cucumber, lettuce / salad leaves, peas, radishes, rhubarb, rocket, spinach, spring onions, watercress, wild nettles

*And the fruits of June include:*

Apricots, bananas, cherries, elderflowers, kiwi fruit, lemons, oranges, passion fruits, raspberries, strawberries, tomatoes

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### Training Diary Excerpt: 3rd June 2009 [\[back to top\]](#)

An early workout today starting at 8.00 a.m. Heather was punctual and cheerful as usual! I feel I am improving how I carry out the exercises being a lot more accurate and definitely feeling them working. I think because of this Heather decided to up the tempo! The circuit session we did was particularly tiring doing four lots and by the end of the second I felt tired but managed all four and felt great for it. A great session today and I still feel very positive to continue to get fitter and lose the weight I want.

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

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## Recipe: Asparagus with Halloumi & Crispy Capers [\[back to top\]](#)

This recipe is a brilliant idea for the BBQ, whilst we have some summer sun!

**Prep:** 10 minutes

**Cook:** 20 minutes

*Serves 4*

- 250g halloumi cheese
- 300g asparagus
- 2 tbsp extra-virgin olive oil, plus extra to drizzle
- 1 tsp mixed peppercorns, roughly ground
- 1 tbsp lemon juice
- 1 tbsp chopped fresh flatleaf parsley
- 3 tbsp medium-sized capers
- 1 lemon cut into 4 wedges

### Method

1. Drain and slice the halloumi into 8 large, thin slices. Trim the asparagus.
2. Put the halloumi and asparagus in separate dishes and pour 1 tablespoon of the oil over each. Scatter the ground peppercorns over each side of the cheese
3. Mix the lemon juice with 2 more tablespoons of the oil. Season with a pinch of salt and add the chopped parsley
4. Heat the remaining tablespoon of the oil over a high heat and fry the capers until dry and crisp. Tip onto kitchen paper to drain.
5. On the BBQ, griddle the asparagus and lemon wedges on each side until tender ♦ about 5 minutes. Cook the cheese for about 1 minute each side until nice brown stripes appear.
6. Divide the asparagus and halloumi between plates. Scatter with the crispy capers, pour over the dressing and drizzle with extra olive oil. Serve hot with the lemon wedges

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Until next time, enjoy staying healthy!

Best wishes,

Heather

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