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## March 2009 Newsletter

This is March's edition of the monthly newsletter from Fitbiz Training. This month we're going to discuss the truth about the first of the Myths of Fat Loss

- [News from Fitbiz Training](#)
- [Exercise Tip: The Truth About Fat-Loss Cardio](#)
- [Seasonal Foods](#)
- [Special Offer: 5% Discount at Gregg's Veg](#)
- [Recipe: Purple Sprouting Broccoli and Bean Soup](#)

Enjoy! And please let me know how you get on with your new workout, and how you find the soup!

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!](#)

Please become a fan of my [brand new Facebook page](#)



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

- You should all have received my bulletin about the new [Group Training Sessions](#) starting in Haslemere on the 30th March. Places are going fast - so make sure you [reserve your space now](#) to avoid missing out! The sessions will be a great way to take advantage of my expertise for a fraction of the price of Personal Training
- Remember that the full [28 Day Challenge](#) package will be going live on 1st April. So if you're thinking about giving it a go, make sure you [take advantage of the special offer](#) before it's gone forever!

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### Exercise Tip: The Truth About Fat-Loss Cardio [\[back to top\]](#)

If you've read my Myths of Fat Loss article, you'll know that one of the biggest lies in the fat-loss industry is that long duration aerobic exercise is the best / only way to burn fat. If any of you long-standing newsletter subscribers haven't got round to requesting the article, [request it now!](#)

So, here's the truth about the aerobic section of your workout and fat loss:

Get a skipping rope and skip, go for a swim, cycle, run; anything **◆** in about 20 minutes you can do a great fat-burning workout as long as you work hard!

After a 5 or so minute warm up, gradually increasing your pace so you are at a comfortable pace that you feel you could maintain for at least half an hour, start to do some interval training. On a scale of 1-10, where 1 is sitting on the sofa, and 10 is trying to out-run a tiger, push yourself forward so you are working at whatever speed you perceive to be a 7 or 8; do 30 seconds, then return back to your comfortable pace for a minute, which should be about a 4 or 5. Repeat these intervals 5 or 6 times.

You can play with how much time you spend working hard and how much time you spend in your comfortable pace. You **◆**ll find as your fitness improves that you get faster, so if you **◆**re using a machine, don't **◆**t get fixed on the settings you have it on session-to-session, as believe me - you will improve!

The key with interval training is to make sure you can always do the same speed for each hard work section, and maintain the same comfortable pace for each recovery section within a session. It does take a little practice so don't **◆**t be disheartened if you don't **◆**t get it spot on first time.

Good luck, and let me know how you get on!

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### Training Diary: 9th February 2009 [\[back to top\]](#)

A few extensions today ensured that this session was as fun as ever.

The boxing stepped up a pace too, and I although I felt extremely stupid trying to prance around, it was great fun!

I really look forward to training with Heather as she is always full of praise and is very encouraging. She continues to explain how each exercise will benefit me, along with making sure that I am maximising benefits from each exercise. I now have much more confidence in my body **◆**s ability to do the exercises, which means that I must be getting fitter! Hooray! One of my goals was to improve my core strength and I am pleased to say that I have definitely noticed an improvement in that area.

[Read the whole Training Diary by clicking here](#)

If you'd like to be the author of the next Diary, [book](#) your reduced price [28 Day Challenge](#) program today.

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

Make sure you keep topped up with nutrients to avoid coughs and colds whilst keeping CO<sub>2</sub> emissions down!



*March's in-season vegetables are:*

Cauliflower, chicory, leeks, purple sprouting broccoli, spring onions

*And the fruits are:*

Rhubarb, bananas, blood oranges, kiwi fruit, lemons, oranges, passion fruit, pomegranate, pineapple

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## Special Offer: 5% Discount at Gregg's Veg [\[back to top\]](#)

The kind people at **Gregg's Veg**, a company owned by Gregg Wallace of Masterchef, which delivers locally grown vegetable boxes throughout the UK, have given a discount code for any reader of the Fitbiz Training Newsletter to receive 5% off their Family box. Coupled with FREE delivery, it makes for a great value way to receive the freshest seasonal vegetables, to your door!

Visit [www.greggsveg.co.uk](http://www.greggsveg.co.uk) to claim your discount today and enter the code 5%OFF at the checkout.

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## Recipe: Purple Sprouting Broccoli and Bean Soup [\[back to top\]](#)

This makes for a tasty and filling lunch, and one helping also counts as 2 daily portions of vegetables.

**Prep:** 10 minutes

**Cook:** 35 minutes

*Serves 4*

- 1 red onion, peeled and chopped
- 4 tbsp olive oil
- 6 garlic cloves, minced
- 4 tsp chopped herbs; Oregano, thyme, parsley
- 2 x 150g cans of cannellini beans undrained
- 400g purple sprouting broccoli, chopped finely
- 1 litre chicken or vegetable stock
- salt and pepper
- grated parmesan

## Method

1. Cook the onion in the olive oil until soft, add the garlic and cook for 2 minutes
  2. Add the herbs and broccoli and cook over a moderate heat until the broccoli is soft
  3. Add the beans, including the water from the tin, and the stock then simmer for 15 minutes
  4. Season well and serve with the grated parmesan
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Until next time, enjoy staying healthy!

Best wishes,



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