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November 2008 Newsletter

Welcome to November's edition of the monthly newsletter from Fitbiz Training. This month, together with the regular features, we have a special discount code to use at Gregg's Veg, the online vegetable box delivery shop!

- [News from Fitbiz Training](#)
- [Exercise Tip: How to Get Started!](#)
- [Seasonal Foods](#)
- [Special Offer: 5% Discount at Gregg's Veg](#)
- [Recipe: Roasted Beetroot and Artichoke Salad with Baby Spinach and Walnuts](#)

I'd like to take this opportunity to wish all of my readers a very Merry Christmas for next month. I still intend to send out a December newsletter, although it may be delayed! I hope you like the seasonal additions to my website and newsletter.



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!](#)

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

- The draw date for the competition is Thursday 27th November - if you haven't entered yet please do. Everyone who enters the competition to write my Training Diary in exchange for very reduced price sessions will receive a voucher towards training with me. To enter please [send me a message](#) with the words "Training Diary Competition Entry". Good luck!
- The article I have written for the Haslemere Magazine and the Guildford Magazine entitled "Fat - it's not all Doom and Gloom" is due to be printed in the December issue of the magazine and will appear on my website shortly afterwards.
- Have you started your Christmas shopping yet? Why not give the gift of life this year? [Vouchers for my services are available](#) and make a great and unusual

gift.

Exercise Tip: How to Get Started! [\[back to top\]](#)

This is for those of you who haven't done any exercise for a long time and are at a bit of a loss as to how to get going; here are some pointers:

Get up to 30 minutes of heart-rate-raising activity every day:

Make it your mission over the next 3 weeks to get up to 30 minutes of heart-rate-raising activity every day. You could achieve this by putting extra "zing" into the housework, walking to the post box, doing some gardening - etc. It doesn't have to be something you perceive as "exercise" but something you can do often and that will get your heart rate up. The aim is to be out of breath, but not gasping, for about 30 minutes over each day.

Keep an Exercise Diary:

Some people find it really helpful to keep an exercise diary as they feel "bound" to it. Aim to have something written in every day. It can help to note how you felt before, during, straight after and about an hour after exercise so you can see the benefits you felt and motivate yourself the next day.

Take a look at your Diet:

It is the number one and number two of important steps to take in order to improve your health and fitness. Remember that not all diet advice widely available is helpful! I offer a stand-alone Nutrition Advice service, so how about treating yourself before Christmas? To find out more either [get in touch](#) or take a look at the [Nutrition Advice](#) page of the website.

Consider Hiring a Personal Trainer:

Firstly you have booked your session and your trainer is going to come and knock on your door, they will get you to do exercises that are right for you, and you will see better results as you work harder for someone else than you do for yourself - you will feel safer doing exercises under a professional's eye, and the exercises you do with your Personal Trainer will be much more exciting than the boring ones you are given in the gym! To find out more [get in touch](#).

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

There are plenty of fruits and vegetables in season at the moment, so make sure you fill up whilst keeping CO₂ emissions down!



November's vegetables of choice are:

Artichoke, beetroot, brussels sprouts, celeriac, celery, chicory, jerusalem artichoke, kale, leeks, parsnips, pumpkin, swede, turnips, wild mushrooms



And representing the fruits are:

Apples, clementines, cranberries, passion fruit, pears, quince, satsumas, tangerines

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, have given a discount code for any reader of the Fitbiz Training Newsletter to receive 5% off their Family and Christmas boxes. 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 to claim your discount today by simply entering the code "5%OFF" (without quotes) at the checkout.

Recipe: Roasted Beetroot and Artichoke Salad with Baby Spinach and Walnuts

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

This would be a lovely lunch or something to serve up on Boxing Day with the leftover turkey after Christmas dinner. Serve with quinoa, couscous or bulgar wheat.

Prep: 10 minutes

Cook: 35-40 minutes

Serves 4 generously

For the roasted vegetables:

- 250g fresh beetroots, washed, trimmed and cut into small wedges
- 250g Jerusalem artichokes, washed, scrubbed and sliced into 1-2cm pieces
- 2 teaspoons dried mixed herbs
- 3 tbsp olive oil

For the salad:

- 120g baby spinach leaves
- 50 walnuts, roasted and roughly chopped
- 2 tbsp extra virgin olive oil
- 1 tsp balsamic vinegar
- Freshly ground black pepper

Method

1. Preheat the oven to 200°C
 2. Place the beetroot and artichokes in a large roasting dish, and toss them with the dried herbs seasoning and olive oil, so that they are well coated
 3. Place the dish on the centre shelf in the oven and leave to cook for 20 minutes. Turn the vegetables and leave them to cook for a further 20-30 minutes, so that they are tender and crisp
 4. While they are cooking, place the spinach leaves and walnuts in a large salad bowl
 5. When the vegetables are ready, add them to the salad bowl and lightly toss together
 6. Just before serving, add the olive oil, balsamic vinegar and a little freshly ground black pepper
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Until next time, enjoy staying healthy!

Best wishes,

A handwritten signature in red ink that reads "Heather". The signature is written in a cursive style and is underlined with a long, sweeping red line that extends to the left and then curves back up to the right.

You are receiving this newsletter for one of the following reasons: (i) you are a current/former/potential client of Fitbiz Training, (ii) you have requested to download a free document/report from our website, (iii) you have signed up specifically to receive it, either by hand or by other electronic means, or (iv) a close friend has informed us you may want to receive it, due to content relevant to yourself. Your address has not been farmed, randomly-generated or sold to us by any other company/agency.

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