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October 2008 Newsletter

This is October's edition of the monthly newsletter from Fitbiz Training. This month features the usual, along with a **special competition**:

- [News from Fitbiz Training](#)
- [Exercise Tip: Cold Dark Nights](#)
- [Seasonal Foods](#)
- [Recipe: Pumpkin Roast with Salmon](#)

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!](#)



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

- I am looking for a new author for my [Training Diary](#) - have you entered the competition? Everyone who enters will receive a voucher towards my services, and the lucky winner will receive:
 - Full Health & Fitness Assessment and Nutrition Advice
 - 10 one-to-one Personal Training Sessions, using a program tailor-made for you
 - 6-weekly progress reviews
 - Gym equipment
 - For the hugely reduced rate of ♦270 plus a small review of each session for the Training Diary on the website

To enter, simply [send me an email](#) with the words "*Training Diary Competition Entry*". The winner will be drawn from a hat on 27th November.



- Christmas seems to be creeping closer - 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: Cold Dark Nights; Exercise Inside! [\[back to top\]](#)

At the start of the summer, the Exercise Tip was about what exercise you could do outside in the nice sunny evenings - now it's time for some suggestions of what you can do indoors. It is still possible to get the all important 30 minutes of heart rate raising activity every day, even when it's cold and miserable outside.

It's ideal to do all 30 minutes at once, but you can spread the time across the day.

Stepping:

Find yourself a step (the bottom stair is great) and ensure that the surrounding area is clear of things you can fall over, and has a reasonable amount of space around it. Keep your back straight and core engaged throughout, and make sure your shoulders are back.

Start off with forwards and backwards step - fairly obviously, just step up and down. You can make this more interesting by training in an interval style - do 10 slow steps, concentrating on your posture, then 20 quick steps... You can do as many intervals as you like but always make sure the slow steps are the same speed, and the quick steps are the same speed too.

Also try some sideways steps. Stand with the step to the side of you, step directly sideways on to it and lift the knee of your "following leg" to level with your hip, then return to the start. Your shoulders should stay square and forward and your feet should always be pointing forwards; take care not to twist your body towards the step. You'll feel this working the outside of your legs. These steps need to be done in a steady way, and I'd suggest doing about 15 each side, taking a 30 second rest then repeating.

Go Crazy:

While you're waiting for dinner to cook, or at any other time you have 10 minutes to kill, start gently jogging on the spot. As you start to loosen up, you can pick up the pace and bounce a little higher. Do this for 5 minutes or until you feel out of breath (not gasping, but a feeling of having worked), take a minutes rest (or even later on in the day) then do some star jumps. You start with your feet together then jump and land with your feet about hip width. At the same time, take your arms out to the side and point your hands to 11pm and 1pm; then jump your feet together, bring your arms back and go back to the start. Again, get yourself just out of breath. While everyone might think you've gone a little crazy, this will get your heart rate up and get you closer to those 30 minutes.

Do the Housework:

When vacuuming try to use your arm, back and stomach muscles to push the vacuum. When loading the dishwasher, concentrate on your posture and squat down to the dishwasher instead of bending over

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

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

October's vegetables of choice are:

Artichoke, aubergine, beetroot, broccoli, butternut squash, carrots, celeriac, celery, courgettes, fennel, garlic, kale, leeks, marrow, mushrooms, onions, peppers, pumpkin, radishes, rocket, sweetcorn, turnips and watercress

And representing the fruits are:

Apples, blackberries, elderberries, figs, grapes, pears and tomatoes



Recipe: Pumpkin, Sage & Shalott Roast with Salmon and Jacket Potato [\[back to top\]](#)

It's Halloween at the month, so I thought a recipe using the "waste" from your pumpkin lantern would be a good idea! If you haven't tried pumpkin before, this month is the time to dive in!

Prep: 10 minutes

Cook: 60 minutes (30 minutes without jacket potato)

Serves 4

- flesh of 1 medium side pumpkin
- 12 small/medium shallots
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 handful fresh sage leaves

Method

1. Pre-heat the oven to 180 C
2. Put your jacket potato in the oven for about 30 minutes before putting the Roast in
3. Cut the pumpkin flesh into bite-size chunks

4. Peel the shalotts, and then place the shalotts, pumpkin and oil in an oven-proof dish and stir to coat with oil
 5. Roast in the oven for 30 minutes
 6. About 15 minutes later, cook the salmon under the grill and steam some brocolli
 7. When you take the roast out of the oven, mix in the roughly chopped sage
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Until next time, enjoy staying healthy!

Best wishes,



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