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October 2009 Newsletter

Welcome to the October 2009 Newsletter, straight to your inbox from the team at Fitbiz Training!

This month's edition includes an excerpt of my new [free-to-download article](#) about the benefits of Resistance Training on Fat Loss. There's also a particularly delicious recipe for Spinach and Feta Stuffed Butternut Squash:



- News from Fitbiz Training
- Article Extract: Effects of Resistance Training on Fat Loss
- Seasonal Food Reminder
- Recipe: Spinach and Feta Stuffed Butternut Squash

As ever, please [let us know any feedback](#) you may have on the newsletter, and remember, feel free to share it with family or friends. We're always available to provide help and advice - just drop us a line!

News from Fitbiz Training

- Things have been very busy this month; I've been asked to write for some new publications, including an article for the **Round & About Magazine** which is delivered free to homes in Godalming - my article is due to be published in the January edition.
- A link to a video of the world's **first bionic burger** has been added to [our Facebook page](#) along with an article discussing reasons saturated fat is not as bad as it's made out to be.
- Hannah, our Horsham trainer, is looking to interview people for a new article she's working on about the **results and side-effects of slimming pills**. We will reward your time with some of our time, so [please get in touch](#) to let us

know if you've had any experience of using slimming pills.

Article Extract: Effects of Resistance Training on Fat Loss

I was sent a review of a really interesting study last week. It was finding the effect of resistance training on body fat management and more specifically how long it takes the metabolism (the speed the body works) to return to pre-exercise levels. Clearly the longer the metabolic rate is elevated for, the more body fat is burnt.

The subjects of the study did 10 reps of 3 exercises as a circuit ♦ repeated 4 times.

The researchers found that the metabolic rate was elevated for 38 hours after the workout ♦ possibly even longer than this, as the researchers stopped measuring after 38 hours.

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*Continue reading this article for **free** by [downloading it here](#). It won't cost you anything; we only ask for your email address, in order to prevent hotlinking!*

Seasonal Food Reminder

The team at **Gregg's Veg** are continuing their offer for readers of the Fitbiz Newsletter. Simply visit 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:

Artichoke, aubergine, beetroot, broccoli, butternut squash, carrots, celeriac, celery, chillies, courgettes, cucumber, fennel, french beans, garlic, kale, leeks, lettuces / salad leaves, marrow, parsnips, peppers, pumpkin, radishes, rocket, runner beans, spring onions, sweetcorn, turnips and watercress

And the fruits of October include:

Apples, bilberries, blackberries, elderberries, figs, grapes, melons, nectarines, oranges, passion fruit, peaches, pears, plums and tomatoes

Recipe: Spinach and Feta Stuffed Butternut Squash

This is a relatively quick "stick it in the oven and get on with the evening" recipe - with delicious results!

Prep: 20 minutes

Cook: 40 minutes

Serves 4

- 1 butternut squash
- olive oil
- 1/2 onion chopped
- 1 garlic clove, sliced
- 1/2 tin tomatoes or 200g tomatoes
- bunch of spinach
- splash of balsamic vinegar
- bunch of spring onions
- 50g toasted pinenuts
- 50-100g feta crumbled

Method

1. Cut butternut squash lengthways, remove seeds and brush with olive oil before putting on a baking tray and cooking in a medium oven for about 30 minutes, until cooked
2. Scoop out a little flesh, dice it and put to one side.
3. Sweat onion in oil for 5 mins then add garlic and cook for another couple of minutes
4. Add tomatoes and reduce for 10-15 mins
5. Add the chopped spinach to the sauce, add the balsamic vinegar, pine nuts and spring onions
6. Add the feta and diced squash, return to the squash "case" and bake for 10 minutes
7. Serve with green salad.

Until next time, enjoy staying healthy!

Best wishes,

Heather

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