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## September 2008 Newsletter

Welcome to September's edition of the Fitbiz Training Newsletter. This month we have the following news, hints and tips for you:

- [News from Fitbiz Training](#)
- [Exercise Tip: Eat After Exercise](#)
- [Seasonal Foods](#)
- [Recipe: Courgette & Lemon Spaghetti](#)

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!](#)



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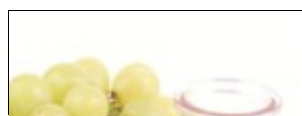
### News from Fitbiz Training [\[back to top\]](#)

- I have teamed up with Rachael Scott of Fresh Nutrition Advice to provide [a series of four health seminars at Lythe Hill in Haslemere](#) during October and November. Each will last 90 minutes in total; the first half covering a pertinent nutrition topic with Rachael and the second half an interactive session with me covering a specific exercise technique. [Take a look at the new section on the website for more details and to book your place!](#)
- I'm really excited to announce that I am now reseller of Usana supplements. Usana are the only company to have received gold-star awards for the ability of their products to be absorbed by the body. If you take any supplements, it's worth giving the Usana "equivalent" a try, so you too can feel the difference. Usana supply the British Women's Tennis Association, and have recently started supplying Andy Murray as well.

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### Exercise Tip: Eat After Exercise [\[back to top\]](#)

When you exercise, you put your body under stress, meaning that it starts to break down your muscle protein in order to build itself back up after your exercise.



If you eat immediately after exercise (or within 20 minutes) this effect is reduced, as your body instead uses the food to build itself up stronger. This means storing more muscle so the same effect takes a little longer to achieve the next time you train, and the muscle you have gained will be using fat for energy for hours after your exercise session.



If you don't eat pretty soon after finishing, your body will continue to break down the muscle protein in order to recover, leaving you with more fat - meaning that all the hard work you did was pointless!

Muscle is the key to reducing body fat. Having toned muscles does not mean you look like Arnie, rather that your muscles are conditioned, and hence they need lots of energy (fat) to be maintained. Not only that, but the effects of resistance training carry on long after your training session - so as long as you eat properly, you will see results much quicker than if you were to just do aerobic training.

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

Keep buying seasonal foods and do your bit for the environment by reducing CO<sub>2</sub> emissions, as well as getting tastier and more nutritious foods!

*For September, the following vegetables are now, or remain, in season:*

Artichoke, aubergine, beetroot, broccoli, butternut squash, carrots, courgettes, cucumber, fennel, garlic, mangetout, marrow, onions, peppers, radishes, rocket, runner beans, sweetcorn, watercress and wild mushrooms

*And the fruits currently at their ripest are:*

Blackberries, damsons, figs, grapefruit, grapes, melons, nectarines, peaches, pears, plums and tomatoes



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### Recipe: Courgette & Lemon Spaghetti [\[back to top\]](#)

Courgettes remain in season, so why not try cooking this delicious but simple pasta dish for four. Remember that wholegrain spaghetti has a far higher nutritional value than traditional durum wheat pasta, and according to research, can reduce the risk of heart disease and diabetes.

**Prep:** 10 minutes

**Cook:** approx 15 minutes

*Serves 4*

- 500g *wholegrain* spaghetti
- 1 finely sliced onion
- 1 crushed garlic clove
- 8 courgettes, finely sliced
- 1 lemon, zested & juiced
- Large handful cherry tomatoes, quartered

### Method

1. Cook the spaghetti according to packet instructions
  2. While the spaghetti is cooking, heat some olive oil in a large frying pan and fry the onion, garlic and courgettes until golden
  3. Add the lemon zest and juice along with the tomatoes
  4. Toss the cooked spaghetti with the sauce and serve immediately
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Until next time, enjoy staying healthy!

Best wishes,



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