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September 2009 Newsletter

Welcome to this, the latest newsletter from the team at Fitbiz Training!

This month's edition includes the finale of the Lifestyle Tip mini-series on "Foods To Avoid In Your Quest For Fat Loss" and a convenient recipe for Aubergine and Tomato Salad with Feta Cheese:



- News from Fitbiz Training
- Lifestyle Tip: Foods To Avoid In Your Quest For Fat Loss (3/3)
- Seasonal Food Reminder
- Recipe: Aubergine and Tomato Salad with Feta Cheese

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!

News from Fitbiz Training

- Our new [Group Training in Horsham](#) with our Sussex Trainer, Hannah, still has a few spaces remaining. The sessions will complement the sessions Heather already runs in Haslemere and take place at Tythe Barn, on Pondtail Road just behind Holbrook School - [get in touch to claim your space now!](#)
- We've had some [new team photographs](#) taken recently, which can now be seen on the website. Many thanks to [Chris Pearsall Photography!](#)

Lifestyle Tip: Foods To Avoid In Your Quest For Fat Loss (3/3)

Here's the last of three tips you need in your quest for fat loss. Remember you can still find the first two tips in the [Fitbiz Training Newsletter Archive](#).

3. Caffeine:

Caffeine is the worlds most widely used drug - it's seen as pretty harmless and in the UK we drink almost 300mg of it a day. To put this into perspective, compare this to the worldwide average of around 76mg.

Excessive caffeine consumption can lead to either chronic stress or adrenal fatigue which is often accompanied by malabsorption and maldigestion of nutrients, breakdown of muscle tissue, increased abdominal fat and blood sugar disturbances.

It's also proven that caffeine adversely affects sleep - which is vital when you're looking to lose body fat.

Finally, a note on the points I've made in this 3 part series: I'm not suggesting that you should never eat pasta, drink milk, or have a cup of coffee again, but bear in mind that when consumed regularly, or in large amounts, they will seriously disrupt your attempts to shift body fat!

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, broadbeans, broccoli, carrots, chillies, courgettes, cucumber, fennel, french beans, garlic, leeks, lettuce / salad leaves, mangetout, marrow, pak choi, peppers, peas, radishes, runner beans, spring onions, sweetcorn, turnips and watercress

And the fruits of September include:

Apples, bilberries, blackberries, blueberries, damsons, figs, grapes, loganberries, melons, nectarines, peaches, pears, plums, raspberries, strawberries and tomatoes

Recipe: Aubergine and Tomato Salad with Feta Cheese

A tasty lunch which can be made a day or so in advance, so it's easy to grab at lunch time!

Prep: 30 minutes

Cook: 60 minutes

Serves 4

- 2 medium aubergines
- 8 plum tomatoes
- 200g feta cheese cut into thin slices
- 8 tablespoons extra virgin olive oil
- 1 heaped tablespoon torn fresh basil leaves
- 2 tablespoons balsamic vinegar
- 110g salad leaves
- 200ml creme fraiche
- salt & pepper

Method

1. Skin the tomatoes by covering them with boiling water for about a minute. Drain, then take their skins off.
2. Cut the tomatoes in half then place on a baking tray with the open side up. Drizzle with some of the olive oil then place in the oven at 200 degrees for 50-60 minutes then set them aside to cool
3. Cut the aubergines into 1cm wide slices and lay on a board to sprinkle with a little salt on both sides. Leave them for 20 minutes to draw out some of the moisture, blot with kitchen paper then brush with about a tablespoon of olive oil
4. Cook the aubergines on a hot griddle for about 2 1/2 minutes each side
5. Pour the remaining olive oil into a large bowl with the basil and balsamic vinegar. Add the aubergines and leave them to marinate until you are ready to serve
6. When you're ready to serve, arrange the salad leaves with the tomatoes and aubergines, then place feta slices in the middle of each salad. Drizzle the remaining marinade over the top and finish with 1 tablespoon of creme fraiche.

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 with a long, sweeping underline that extends to the left and then curves back under the name.

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