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## September 2010 Newsletter

Welcome to September's edition of the monthly newsletter from Fitbiz Training. This month, I'm going to explain what it is that I dislike so much about biceps curls, and give you a delicious recipe for a wheat free blackberry and apple crumble.

- [News from Fitbiz Training](#)
- [Exercise Tip: Why I Hate Biceps Curls](#)
- [Seasonal Foods](#)
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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](#) - remember they'll get a free copy of my article Myths of Fat Loss when they subscribe!



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

- The new site IS finally live, but there are a few things which need tweaking, which we're hoping to get done over the weekend. I'll let you know when it's all working properly! The emails are all sorted out though, so you shouldn't have any trouble getting in touch with me - but until the site is fixed, it's safer to email me directly at [heather@fitbiztraining.co.uk](mailto:heather@fitbiztraining.co.uk) rather than via the website.
- Following the success of the seminar I ran in June, I'm thinking about running another; and perhaps running it as a course over a few weeks. I'd be really interested to hear your thoughts on this, and I'd love to know what your most burning questions are so I can be sure to answer them in the seminar! Send me an email to [heather@fitbiztraining.co.uk](mailto:heather@fitbiztraining.co.uk)
- Bootcamp is due to start on **13th September**. If you haven't got round to booking your space yet, please send me an email to [heather@fitbiztraining.co.uk](mailto:heather@fitbiztraining.co.uk) as soon as possible!

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### Exercise Tip: Why I Hate Biceps Curls [\[back to top\]](#)

Everyone who knows me knows how much I dislike biceps curls. Now, I don't hate them because they're a bad exercise; I just really dislike the way they seem to be a staple of any exercise program - whether you're a body builder or you're looking to lose fat. The way we approach program design gets results for our clients. And not one of our clients has ever done even one biceps curl in their session. Here's why we don't use them.

The key to burning fat is to increase muscle mass (this doesn't mean bulking up). Muscle demands a lot of energy in order to be maintained - i.e. it raises your metabolism - so the more muscle we can get, the more fat we will burn.

The way to gain muscle is to lift heavier weights. This said, some decent bodyweight training also does the trick brilliantly. Rather than just struggling your way through a heavier set of biceps curls, instead pick an exercise which still uses your biceps, but also involves some other muscles. The biceps end up becoming the "helper muscles" rather than the main event, but they are still lifting a much heavier weight than they would be if you were still doing just biceps curls.

I tested this theory out this morning in the gym - if I do a bent over row exercise I can lift a full 30% MORE weight over 3 reps compared to doing just a biceps curl. The bent over row exercise is working - amongst others - the major muscles in my back (traps and lats) as well as my biceps; whereas the biceps curl has only worked my biceps. Which has burnt the most energy? Which is going to boost my metabolism more?

You must use exercises which give you more "bang for your buck" - use more muscles to increase your muscle mass, boost your metabolism and burn more fat!

Hopefully you can see from this that even if you want to tone up your arms, or build your guns, biceps curls are useless - you can lift a heavier weight by getting more muscles involved - and this equals better results.

The ONLY time I believe biceps curls should be added into a training program is if you are not getting the results you are looking for in your biceps, even though your nutrition and lifestyle are pretty perfect, and your training program is well designed in all respects. That's the only time I can see there being a need for them.

For me, apart from in this minority of programs, adding in a biceps curl is a sign that the trainer is trying to fill in some time, or can't think of a more appropriate exercise to prescribe for their client.

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

There are loads of fresh fruit and veg around at the moment; enjoy them before they're gone!

*Vegetables around in September are:*

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, french beans, garlic, leeks, mangetout, marrow, peppers, sweetcorn, watercress

*And September's fruits are:*

Blackberries, blueberries, figs, pears, plums, raspberries, tomatoes

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### **Recipe: Wheat-Free Blackberry & Apple Crumble** [\[back to top\]](#)

I made this last week and really enjoyed the sweet treat without any guilt! It is very very easy to make!

**Prep:** 10 minutes

**Cook:** 40 minutes

*Serves 4*

- 300g blackberries
- Two apples - cubed
- 100g wheat-free rolled oats
- 2 teaspoons honey
- 50g butter
- Cinnamon, to taste

### **Method**

1. Put your blackberries and cubed apple into the dish you're going to cook the crumble in
  2. Make the crumble by putting the oats in a blender and whizzing them up with the honey, cinnamon and butter. You may need to make more or less depending on the size of your dish!
  3. Put the topping on top of the fruit and pop in the oven at 160 degrees for about 40 minutes until it's brown and bubbling
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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 towards the end of the signature.

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