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## April 2008 Newsletter

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Welcome to the new monthly newsletter from Fitbiz Training. Each month we will aim to bring you an easy to read, useful email including:

- News from Fitbiz Training
- Exercise Suggestions
- Seasonal foods with a recipe suggestion

I would like to add a Q&A in each newsletter, so please ask any questions you have and they will be answered here next month!

If you know anyone who would like to read this newsletter, please forward it on or pass me their email address to add to the list.



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### News

- The [Introductory Package](#) of FOUR one-to-one Personal Training Sessions is still available for only £70
- Fitbiz has donated a raffle prize of THREE one-to-one Personal Training Sessions plus 20% off up to TEN further sessions to the Maypole Fair in Plaistow on the 5th May. Another prize of 20% off up to TEN one-to-one sessions has also been donated. The fair is running from 2pm to 5.30pm, and looks set to be a really great afternoon.

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### Exercise

Below are some easy ways to get the all important 30 minutes of heart rate raising activity a day. Use one idea or a combination of however many you want.

#### 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. 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.

#### Dynamic Squats:

Everyone who knows me knows how I feel about squats! 3 quick lots of 15 with a minutes rest in between will get your heart rate up, but take care over your technique and start slowly to make sure the technique is perfect and to make sure that you warm up before speeding up.

Starting with your feet hip width apart and feet pointing forwards, engage your core and squat down from your ankles, knees and hips as if you are going to sit down on a low chair. Keep your knees over your middle toes and make sure they never fall inwards of this position. Your weight should be equally spread throughout your foot.

If in doubt - ask me! The technique is crucial.

### Go for a walk, or cycle:

A 30 minute walk or cycle will do wonders for your health, fitness, mood and general energy levels as well as being a time to catch up with friends or family.

If you prefer to walk with your own company, turn the walk into an interval session - keep a slow easy pace for one minute, then push yourself for 2 minutes with a much brisker walk. As with the stepping above, make sure the speed of the slow walk and the speed of the fast walk are the same each time.

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### Seasonal Foods

Eating seasonal fruits and vegetables means eating fresher and therefore tastier and more nutritious foods, and also supporting the local economy. On an environmental level, eating seasonally reduces the CO<sub>2</sub> emissions produced by growing and transporting non-seasonal foods.

*April's fruit and vegetables are:* broccoli, asparagus, cauliflower, radishes, rhubarb, jersey royal new potatoes, rocket, spinach, spring onions, watercress, bananas and kiwi fruits.



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### Recipe: Steamed Cod with Broccoli and Oyster Sauce

**Prep:** 15 minutes

**Cook:** 15 minutes

*Serves 4 - serve with wholegrain rice*

- 4 thick cod fillets, around 180g each
- 4 tbsp soy sauce
- 1 tbsp finely shredded ginger
- 1 small red chilli, finely sliced
- 3 spring onions, finely sliced
- 3 tbsp fresh coriander leaves
  
- 600g broccoli
- 2 tbsp boiling water
- 2 tbsp oyster sauce

### Method

Pat the fish dry and arrange it individually into the centre of a square of foil, which is big enough to make a tent around the fish with.

Pour the soy sauce over the fish. Scatter the ginger, chilli and half the spring onions on top, fold the foil so as to make a tent around the fish and steam for around 10 minutes, or until the flesh parts easily when pierced with a knife.

Steam the broccoli for 10 minutes or until just tender. Drain. Transfer the fish to four warmed plates and spoon the cooking juices on top. Scatter with the remaining spring onions and coriander.

Mix the boiling water and oyster sauce until smooth, then pour over the broccoli and serve with the fish.

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Find out how you can improve your diet by having a Nutrition Consultation with Fitbiz Training. See [the website](#)

for more details about the Nutrition Advice service, or call me on 07967 995416 to take advantage of a Nutrition Consultation, food diary and follow up for only £40.

I hope you enjoyed reading this newsletter, if you have any questions about any of the content please get in touch with me. Likewise, if you have any suggestions about what you'd like to read about in the future please let me know.

Have fun 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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