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## March 2010 Newsletter

Welcome to the March newsletter, packed with the latest offerings from the team at Fitbiz Training!

This month's edition includes:

- News from Fitbiz Training
- Lifestyle Tip: How NOT To Lose Fat!
- Seasonal Food Reminder
- Recipe: Artichoke & Almond Rosti



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. The whole team are always available to provide help and advice, so drop us a line!

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### News from Fitbiz Training

- We're incredibly busy at the moment with lots of new clients all working hard to make this the year they achieve their health and fitness goals. It's great to see so many clients putting in 110% into their training - we know it isn't easy, but it's brilliant to see **bodies change and confidence grow**. Not only that, but everyone's enjoying themselves too!
  - If you're not yet a fan of our Facebook page, [get along and join us now!](#) This month we've linked to an article about Weight Watchers in New Zealand, who have apparently teamed up with **McDONALDS** to allocate points to some of their food! Is it just us who thinks this is crazy? It seems so sad that there's such a **cheat culture surrounding fat loss**, and that eating healthily is made out to be boring. Why is a company whose name suggests a sensible approach to diet and health getting involved with a fast food chain?!
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### Lifestyle Tip: How NOT To Lose Fat!

I was sat on a bike in the gym the other day, chatting to one of the team, and was horrified to see there are now magazine racks built into the aerobic training kit - as if TVs weren't bad enough!

I'm probably a bit behind in noticing this, but normally I don't go anywhere near this type of kit!

Now, if you're **training for fat loss** - and I estimate that's at least 80% of the gym-going population - you should not be on a bike/treadmill/cross trainer/stepper /whatever unless you are **doing interval training**, and if you're doing interval training properly, you shouldn't be able to concentrate on anything other than the intervals you are doing - reading or watching TV should be out of the question!

Usually, when I share this fact, I'm asked why, so I thought I'd banish the media myth that aerobic training is the key to losing fat. The following are three statements that lead people to **believe** aerobic training is the route to fat loss - each one accompanied by the facts:

### 1. You get into the "fat burning zone"

As I say in my article, "Myths of Fat Loss" (email me if you haven't seen this yet!), the fat burning zone is just illogical in two main ways:

- i. In the zone, 80% of the calories ARE fat, so over half an hour you might have burnt 100 calories with about 80 of them being fat. However, if we work a bit harder and go out of the fat burning zone, you will be able to burn those 100 calories much quicker although a smaller percentage (around 60%) of them will be fat. If you did an interval session for half an hour, you're going to burn at least 200 calories, meaning you burn at least 120 calories from fat.
- ii. The second reason is that your body does what you ask it to do! If you train your body to use fat as it's main source of energy, your body will make sure it has lots of fat available so next time you're asking it to use fat for energy, it has enough to burn.

### 2. It makes your body a fat burning machine

True, as we see above, but the only tissue in the body which burns fat is muscle. Wouldn't it make sense to tone up those muscles a bit instead? Download a copy of my article, "[Resistance Training on Fat Loss](#)" for a bit more detail on how and why this works.

### 3. It raises your metabolism

Metabolism is increased by how much muscle you carry - not necessarily your size, but rather your ratio of muscle to fat. Aerobic training does nothing to maintain or build muscle, so it will not increase your metabolism. You *will* burn calories by doing aerobic exercise, but once you stop training, the effect stops too. Conversely, resistance training has been shown to increase your metabolic rate for a considerable time **after** your training session.

If you have any questions on any of this, please give me a shout. I'm always happy to help you implement any of my suggestions into your training plan and lifestyle.

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## Seasonal Food Reminder

*The seasonal vegetables for March:*

Beetroot, brussels sprouts, carrots, cauliflower, celeriac, chicory, jerusalem artichoke, kale, leeks, parsnips, purple sprouting broccoli, rhubarb, spring onions and swede

*And the fruits of the month include:*

Bananas, blood oranges, kiwi, oranges, passion fruit, pineapple and pomegranate



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## Recipe: Artichoke & Almond Rosti

This is a new recipe I tried recently, having found it in my new organic, seasonal [Abel and Cole Cookbook](#) (which incidentally, comes thoroughly recommended by both Country Living and Fitbiz Training!).

**Prep:** 15 minutes

**Cook:** 10 minutes

*Serves 4*

- 1 mug peeled & grated Jerusalem artichokes
- 1/2 mug flaked almonds
- 2 tsp fresh chopped rosemary
- 1 tsp dried chilli flakes (optional)
- Juice of 1/2 a lemon
- Buckwheat flour (recipe suggests 1/2 mug, but you just need enough to hold it all together)
- Sea salt & black pepper
- Olive oil

## Method

1. Mix the grated artichokes with the almonds, rosemary, chilli, lemon juice, flour and seasoning
2. Divide into 4 parts and mould into a thick cake
3. Heat a good glug of olive oil in a pan
4. Fry the cakes in the pan for a few minutes each side until golden brown and cooked through

## 5. Serve with grilled fish and a green salad

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Until next time, enjoy staying healthy!

Heather



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