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May 2008 Newsletter

Welcome to May's Newsletter from Fitbiz Training. Thank you everyone for your kind words about the first edition - I'm so glad to hear people found it so useful. If there is anything else you'd like to see in future newsletters, please do let me know.

I've decided not to do a regular Q&A - mainly to avoid it becoming too long-winded and losing your interest! However, please feel free to contact me with any burning questions you may have, and I will be happy to answer them!



This month features the following:

- [News from Fitbiz Training](#)
- [Exercise Tip: Develop Your Core!](#)
- [Seasonal Foods](#)
- [Recipe: Asparagus Frittata](#)

And just before we continue: if you know anyone who might like to receive this newsletter, please forward it on or pass me their email address so I can add them to the recipient list. Alternatively, print out a copy - we've just reformatted it to make it easier to do so!

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

- I have written an article about **arthritis** for **Healthwise Magazine**, a free A5 magazine which can be found in many doctors' surgeries, including my local surgery in Loxwood. Furthermore, my immensely popular "**Ten Steps to a Healthier You**" article is being featured in the next issue of the **Surrey Monocle** magazine. The article is still available to download for free from [my website](#).
- I've recently employed the services of [Chris Pearsall Photography](#) in producing some **new publicity photos**. You'll see them appearing on the website and in some of my stationery - I hope you like them. To that end, I've also had some new promotional postcards printed, which will be appearing around and about very soon! If you see them, please let me know - so I can be sure my message

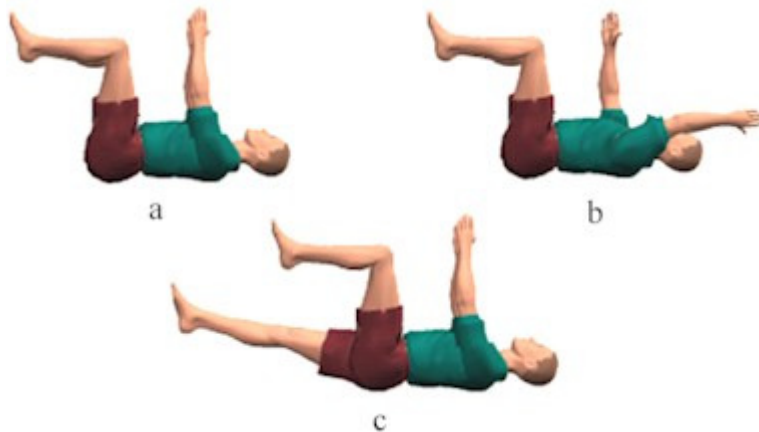
is reaching the masses!

- A new **Training Diary** will be starting on the website very soon! The aim is to give everyone an idea of what it's like to train with me, and hear **real-time development** and results of one of my clients.

Exercise Tip: Develop Your Core! [\[back to top\]](#)

Now that the holiday season is getting close, ♦ it's time to think about **toning up for the beach!** Please do be aware that the techniques of these exercises is crucial, if you are not sure you are performing the exercise correctly you could cause damage to your back - please ask!

The Bug



The "Bug" ♦ is designed to help tone your stomach, and the picture above shows how it's done.

Diagram A shows the correct starting position. Bracing your stomach, as if preparing for an impact, lower down alternate legs towards the floor. Hold your foot just above the floor for a second or two then return to the start position. If you find your back lifting up before your leg gets close enough to the floor, only go as far as you are able to keep your back down for. Diagram C shows the position you should find yourself in.

Using alternate legs, do a set of 5 leg lowers on each side, progressing to about 8. To progress, you can lower the right arm behind your head, as per Diagram B, at the same time as your left leg goes down to the floor, and vice versa. Repeat these sets 3 times, with a minute's rest between each set.

Always be certain that you can feel the whole of your back pressing snugly down to the floor; it is very easy to let your lower back lift up, but it is very important that this does not happen.

The Bridge

The "Bridge" will help to strengthen your lower back - bear in mind that it is important to strengthen both the front and back of your core to achieve a fully functional body.

Start by lying on your back with your knees bent and feet flat on the floor. The movement is simply lifting your hips up, so there becomes a straight line between your knees and head. This exercise also helps to tone your bum, as you need to clench your buttocks to help hold your hips up.

Hold the position for about 15 seconds if you can, then return your hips to the floor. Repeat 3 times with a few seconds rest between each bridge

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

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 will reduce the CO₂ emissions produced by growing and transporting non-seasonal foods.

This month's seasonal fruits and vegetables are: asparagus, broccoli, carrots, new potatoes, radishes, rhubarb, rocket, sorrel, spinach, spring onions, watercress, bananas, elderflowers and kiwi fruit.



Recipe: Asparagus Frittata [\[back to top\]](#)

This recipe has health benefits for everyone, but of particular note is that it is very **diabetic-friendly**. This is partly because eggs are a great source of **chromium**, which helps to form a glucose tolerance factor, balance blood sugar and normalise hunger.

Prep: 10 minutes

Cook: approx 10 minutes

Serves 4 - serve with a lemon and olive oil dressed bulgar wheat salad with rocket, spinach, watercress and radish

- 1 tbsp olive oil
- 1 garlic clove, finely chopped
- 1 red onion, chopped

- 150g fine asparagus tips, blanched
- 4 sprigs thyme leaves
- 4 spring onions, sliced lengthways
- 4 eggs
- Sea salt and freshly ground black pepper

Method

1. Heat the olive oil in a medium-sized, non-stick frying pan over a gentle heat and fry the onions and garlic until softened.
2. Add the asparagus and thyme leaves then remove from the heat.
3. Beat the eggs with a little seasoning then pour into the frying pan and stir gently.
4. Return the pan to the heat and continue to stir the mixture, pushing the uncooked egg from the outer edges gently towards the middle.
5. As the frittata begins to set at the bottom, stop stirring and allow to cook for a further 5-6 minutes, then place under a preheated hot grill for 1-2 minutes until lightly set.
6. Cut into wedges and serve immediately with the salad.

Finally, a reminder that the Introductory Package of 4 one-to-one Personal Training sessions for **only £70** is still available. Don't miss out - get in touch today!

In the meantime, have fun staying healthy!

Best wishes,



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