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November 2009 Newsletter

Welcome to the November 2009 Newsletter, straight to your inbox from the team at Fitbiz Training!

This month's edition dispels some of the myths surrounding boosting your metabolism, and, after last month's recipe was so well received, there's also a different butternut squash recipe:



- News from Fitbiz Training
- Article: Metabolism Boosting Myths
- Seasonal Food Reminder
- Recipe: Roasted Squash Salad with Lentils and Feta

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. We're always available to provide help and advice - just drop us a line!

News from Fitbiz Training

- I've been asked to write an article for the Haslemere Life magazine. I'll let you know which issue the article will be appearing in, but as always, the article will be [available to download here](#) shortly after it's been printed in the magazine.
- I've added some funny videos to my [Facebook page](#) about aerobic exercise; they're meant to be light hearted but make great points. By doing constant pace aerobic exercise, at a faster speed than most people would run at, Craig burnt off less than 50 calories, in the time Brad managed to eat a whole pizza (a lot more than 50 calories!). Two points to take away: constant pace aerobic exercise does not burn calories or fat in any worth-mentioning way; and you cannot out-train a bad diet.

Article: Metabolism Boosting Myths

The number 1 most effective thing you can do to boost your metabolism is lift weights. Not sit on resistance machines in the gym, but lift real dumbbells, barbells, kettlebells - etc.

There are loads of myths surrounding fat loss, but at the end of the day it comes down to firing up your metabolism with a good training program, and eating right for your goals.

Here are a couple of the most common myths we hear, ones which spread because people don't stop to think before quoting them!

1) Eating breakfast boosts your metabolism

There is research showing that people who eat breakfast tend to eat less junk during the day, and therefore that people who eat breakfast tend to keep the fat they've lost at bay - but there isn't a study which shows that breakfast boosts your metabolism.

Besides this - what does it mean? Does eating breakfast boost your metabolism by 10%? 100%? 1,000%?

2) One pound of muscle burns 50 calories a day

This sounds pretty impressive when you're talking about one pound - but if I gained 20 pounds of muscle, would I really burn 1,000 extra calories a day? Doubtful.

Bodybuilders who have over 100 pounds of muscle would have metabolic base rates (i.e. the energy your body needs each day just to function) of over 5,000 calories per day if this was true.

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, beetroot, broccoli, brussels sprouts, butternut squash, carrots, celeriac, celery, chicory, chillies, cucumber, fennel, garlic, horseradish, jerusalem artichoke, kale, leeks, marrow, parsnips, pumpkin, runner beans, spring onions, swede,

sweetcorn, turnips and watercress

And the fruits of November include:

Apples, cranberries, elderberries, figs, pears and passion fruits

Recipe: Roasted Squash Salad with Lentils and Feta

Prep: 10 minutes

Cook: 40 minutes

Serves 4

- 1 butternut squash
- 2 garlic cloves very finely chopped
- 1 red chilli very finely chopped
- 1 sprig rosemary finely chopped
- olive oil
- cooked lentils
- crumbled feta cheese

Method

1. Cut squash in half lengthways
 2. Peel and slice across into lengths about 1cm thick and place on tray. Sprinkle with olive oil.
 3. Bake in a 200°C oven for about 30 minutes or until squash is cooked
 4. Sprinkle garlic, red chilli and rosemary over squash and return to oven for 10 minutes until garlic and chilli is cooked but not brown.
 5. Serve with a salad, cooked puy lentils and sprinkled with feta cheese.
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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