

# FastTrack Fit Camp Monthly Round Up

July 2014

# Fast Track Fit Camp

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## Calendar of Events

### Weights & Measures

Sunday 3 August: Weights & Measures 10:00  
Sunday 31 August: Weights & Measures 10:00  
Sunday 5 October: Weights & Measures 10:00  
Sunday 2 November: Weights & Measures 10:00  
Sunday 30 November: Weights & Measures 09:00

### Fitness Testing Morning

Sunday 7 September: Fitness Testing 10:00  
Sunday 7 December: Fitness Testing 10:00

### Workshops & Events

Tuesday 9 September: 'Fit & Happy the FastTrack Way' free seminar in Wokingham 19:30  
Saturday 4 October: Boobydoo Sports Bra Morning 09:30

### Social Events

Sunday 30 November: Fit Camp 5<sup>th</sup> Birthday Lunch 11:30 onwards.  
Saturday 13 December: Christmas Party 19:30

### Special Events

Tuesday 16 September: Start of 100 Day Fitness Challenge 2014 (finishes Christmas Eve)

## Camper of the Month

Congratulations to our very first camper of the month who is **Liz de Bell** from our Warfield camp. This is her second camp with us and she has lost a fabulous 13 inches since she started with us. Congratulations Liz!



Honorary mentions to both **Zac DeSouza** from Early Risers and **Heidi Sandford** from Winnersh Day for excellent attitude to camp this month too.

## Welcome New Campers

With all the changes this month to our new 'unstoppable' Fit Camp we've seen some changes in faces and so I'd like to say thank you and welcome back to all of the regulars, you know who you are, but also welcome the new campers who have found their way to FastTrack Fit Camp and have been experiencing some heat and sweat this month. Welcome! We hope you have a great stay.

## FastTrack Foodie

Each month we'll share with you a quick and easy seasonal recipe that you can make at home to add both variety and a health boost to your day.

This month - **Feta Broad Bean Salad.**



- Remove the beans from their pods and flash through boiling water for no more than 2-3 minutes.
- Rinse under cold water.
- Toss with ground black pepper, salt, olive oil, lemon juice and crumbled feta cheese.

## In the News



You've probably heard of the television GP, Dr. Michael Mosley. He's the one who got the nation started on the 5:2 diet last year. Well, just last week he issued a public apology to his patients saying that he was wrong to encourage them to eat less saturated fat and choose a

low fat diet to reduce the risk of heart disease. He has stated that he now knows this to be a false claim and we should be eating more butter and natural fats. At last some more sensible advice...but then you knew that, after all we've been telling you that all along :-)

Have a great summer! From the FastTrack Team - Heidi, Karen, Arran, Clare, Kirsty & Alison